VIKO

Cook Book

1936

VIKO
COOK BOOK

Recipes from the
VIKO ALUMINUM
Test Kitchen

ALUMINUM GOODS
Manufacturing Company
MANITOWOC, WISCONSIN

APPETIZERS

Appetizers are the delicious tidbits which are served before the dinner as a first course. They create an appetite by causing the digestive juices to become more active.

There are three classes of appetizers; fruit cocktails, canapes which are attractive dainty open faced sandwiches, and hors' d'oeuvres which are small bits of marinated vegetables, fish, hard cooked eggs, plain stuffed celery, sardines or olives.

Appetizers are usually served from a large platter, upon which one may arrange a combination of canapes and hors' d'oeuvres. The latter usually have toothpicks (which may be colored) for holding them while eating.

ALLEN CANAPES

Cut one-fourth inch slices of bread with a circular cutter, two and one-half inches in diameter. Toast on one side, or saute on one side, then spread untoasted side with lemon butter. Put chopped hard-cooked egg yolks in the center and surround with chopped hard-cooked whites. Place a slice of olive, stuffed with lemon butter, in the center, and pipe lemon butter around border of canape.

CRAB MEAT SUPREME

Flaked crab meat — **Thousand Island Dressing**
Small fresh pimiento — **Lettuce**

Wash and scoop out center of peppers. Fill with flaked crab meat, place on lettuce, and top with dressing. Serve cold as first course of dinner. This serving is and should be extremely small (the pimientos are only about one inch in diameter and not any higher) and does not in any way replace the regular dinner salad.

DANISH CANAPES

Cut stale bread in one-fourth inch slices and shape with a round cutter, two and one-fourth inches in diameter. Toast on one side, and spread untoasted side with Chutney (a relish) butter, using half as much chutney as butter.
Garnish with strips of anchovies, smoked dried salmon or ham.

ASSORTED HORS' D'OEUVRES

1. Cut a hard cooked egg into halves—crosswise. Remove yolks, and mash or put through a puree strainer. Add slowly enough Oil Dressing to moisten. Make into balls, and refill the whites. Outline the rim of white with strips of pimiento, and cover the yolk with caviar.
2. Tiny heart of lettuce with a small sardine placed on it.
3. Narrow strip of toast with anchovy fillets or butter.
4. Remove pimiento from stuffed olive, and re-stuff with caviar or pearl onions. Place on tiny lettuce leaf.
5. Cornucopia of smoked salmon, or ham, with filling of caviar.
6. Small stalk of celery, stuffed with Ancre or cream cheese colored pink with catsup.

IRISH PIGS IN BLANKETS

Wipe large, fat oysters, roll in wafer-thin strips of bacon and fasten with toothpicks. Arrange in a VIKO aluminum Drip Pan and place under the broiler or in a hot oven. When the bacon has browned, arrange on thin strips of toast and sprinkle with water-cress leaves.

CREAMED OYSTERS IN PEPPER CASES

Select two dozen oysters not too large and scald them in their own liquor. Then add them to two cups of thick white sauce made by cooking to a paste two tablespoons of butter and three of flour, then adding two cups of milk; cook until quite thick, as the oyster liquor will thin slightly. Season with one-half teaspoon salt, one-quarter teaspoon pepper and a dash of paprika.

For the pepper cases, halve well-shaped green peppers and scoop out all of the seeds and veins, scald for a moment in boiling water to which a pinch of soda has been added, then drain and fill with the oysters. Place in the oven for a few moments and serve with sprigs of parsley.

PLAZA CANAPES

Cut bread in one-third-inch slices, shape in crescent shaped pieces, and saute in butter until delicately browned or toasted on one side. Spread with Anchovy butter and sprinkle one-half the pieces with chopped whites of hard-cooked eggs, sprinkled with paprika; the other half with the yolks of hard-cooked eggs, forced through a sieve. Garnish with sprigs of water-cress or parsley and some capers.

SARDINE CANAPES

Spread circular pieces of toasted bread with sardines (from which the bones have been removed) rubbed to a paste, with a small quantity of creamed butter and seasoned with Worcestershire Sauce and a few grains cayenne. Place in the center of each a stuffed olive, made by removing stone and filling cavity with sardine mixture. Around each arrange a border of the finely chopped whites of hard-boiled eggs.

APPLE BALL COCKTAIL

Cut tops from stem end of 8 choice apples. Remove inside of apples with a French ball cutter, putting balls in 2 cups cold water with juice of 1 lemon. Reserve tops of apples, cores, and small pieces for apple sauce. Put apple shells in 1 quart cold water to which is added 1 teaspoon salt. Remove skins and seeds from ¼ lb. (1 cup) white grapes. Just before serving drain apple shells. Remove apple balls from the water. Drain and mix with the white grapes and with ⅓ cup maraschino cherries and fill apple shells. Mix 3 tablespoons syrup from maraschino cherries with juice of ½ orange and put over the apple balls. Serve apple shells in indivdual dishes or cocktail glasses surrounded with crushed ice.

Apple may be removed in small oval shapes with a coffee spoon, if a French ball cutter is not available. Grapes may be bought in cans if fresh grapes are not on the market.

CHERRY CUP

1½ cups cherry puree
1 cup sugar
¼ cup lemon juice
4½ cups water
⅔ cup chopped mint leaves

Press enough sour cherries through a VIKO Food Press to make 1½ cups puree. Add sugar, lemon juice and mint. Let stand in VIKO Mixing Bowl 1 hour, strain and add water. Serve ice cold, garnished with Maraschino Cherry and a mint leaf.

CHOCOLATE FROST

⅓ cake bitter chocolate
1 cup sugar
¼ teaspoon salt
1 cup boiling water

Melt the chocolate in the upper section of the VIKO Double Boiler. Add the sugar and salt and mix well. Add the water gradually, let boil for 5 minutes, cool, then place in refrigerator to chill.

1 cup milk
2 tablespoons whipped cream
⅛ teaspoon salt
1 cup ginger ale
4 tablespoons cracked ice

Pour 6 tablespoons of the cooled chocolate syrup into the VIKO Beverage Mixer. Add the milk, cream, ice, salt, and shake. Fill the glasses about half, and complete with ginger ale.

EMERALD COCKTAIL

Dissolve 1 package Lime prepared gelatin in 1 pint boiling water. Pour into VIKO Biscuit and Cake Pan and allow to harden. Remove alternate sections from ½ grape fruit, loosen remaining pulp. Fill vacant sections with cubes of green gelatin. Place green cherry in the center. Serve on cracked ice.

FRUIT COCKTAILS

1 grapefruit
2 oranges
2 bananas
1 apple
½ cup white grapes
½ cup maraschino cherries
½ cup cherry juice
1 cup confectioners' sugar
3 tablespoons lemon juice

Remove the pulp of grapefruit and orange, keeping sections together as well as possible. Cut grapes in half and remove seeds. Peel these if preferred. Slice bananas, peel and cube apple. Arrange in 6 cocktail glasses, sprinkling sugar and lemon juice over as the fruit goes in. Chill about 1 hour. At serving time, pour over juice (from maraschino cherries) and decorate top of glasses with cherries. If the cocktail is chilled in one large dish, it is hard to transfer to the serving glasses without mussing the fruit.

Variation I. Add 6 marshmallows, cut small. If these are soaked in the maraschino juice 3 hours, they will turn pink and look well in the mixture.

Variation II. Instead of maraschino cherries and juice use mint cherries and juice.

Variation III. Instead of cherries, garnish with strawberries. Non-alcoholic sherry may be poured over.

Variation IV. Omit apple, use ½ cup cubed pineapple.

Variation V. In using pineapple or grape fruit, soak first 1 hour in grape juice or loganberry juice. Either gives an attractive color.

JELL-O FRUIT COCKTAIL

Dissolve a package of Orange Jell-O in a pint of boiling water. Set in a cold place. Cut baskets out of 3 oranges. Save the pulp and juice, and add ½ cup canned pineapple cut in cubes, ½ cup white grapes, cut in halves and seeded, ½ cup maraschino cherries, and ½ cup sugar. When Jell-O begins to thicken, add the fruit and set in a cold place to harden. Serve in orange baskets. Any fresh fruit may be used, except pineapple. Use canned pineapple.

ORANGE PARFAIT

2 cups orange ice
1 cup orange dry
Cracked Ice

Shake the above ingredients together in a VIKO Beverage Mixer until frothy and light.

PINK MILK SHAKE

½ cup crushed ice
1½ cups rich milk
½ cup raspberry soda
4 teaspoons whipped cream
Raspberries

Shake the ice and milk in a VIKO Beverage Mixer, add the soda, and pour into small glasses. Top with a teaspoon of whipped cream and a raspberry.

RHUBARB PUNCH

Cook in a VIKO Covered Sauce Pan:
1 quart rhubarb cut into small pieces (about 1 lb.) with 3 pints of water, until the fruit is soft. Squeeze thru double thickness of cheese cloth, add 1½ cups sugar. Stir until the sugar is dissolved, bring to the boiling point, and cool. Add:
⅓ cup orange juice
4 tablespoons lemon juice
Few grains salt
When ready to serve, add 1 pint white rock water.

TEA BALL FOR PUNCH

Make 1 or 2 quarts of strong Orange Pekoe Tea. Cool, add maraschino cherries and diced pineapple. Pour into freezing tray of electric refrigerator. Freeze hard. Put in punch bowl and pour fruit punch over it.

TOMATO JUICE COCKTAIL

1 pint tomato juice
1 pint tomato soup, thick and clear
1 cup cold water
1 teaspoon onion juice (chop onions fine) then press through fine strainer)

Mix all the ingredients, chill thoroughly. Serve in cocktail glasses with small wafers which have been spread with butter and heated in the oven to become crisp.

ADDITIONAL RECIPES

SOUPS

Soups may be served either as an appetizer or as a part of the meal, and even as a meal itself.

For appetizers, serve clear soups, as consomme and bouillon.

The nutritious soups, include creamed soups, chowders, and vegetable soups. These may be served as a first course for a dinner, or as the main course for a luncheon or supper.

One can use the cheaper cuts of meat for soup.

Serve soup hot with wafers, toasted croutons, or cheese straws.

SAVORY SOUP

½ lb. bacon
2 onions (chopped fine)
4 tomatoes, skinned
4 potatoes
1 bunch carrots
2 turnips
2 teaspoons salt
½ cabbage
1 lb. fresh peas
1 lb. fresh green beans
⅔ cup spaghetti
4 tablespoons grated cheese
4 tablespoons chopped parsley

Fry bacon in VIKO Aluminum Covered Pan, add onions, brown. Let boil 5 minutes. Add tomatoes and vegetables, cover with boiling water, add salt. Boil hard for ½ hour, add spaghetti cut fine and boil 20 minutes. Add grated cheese and parsley. Serve hot.

SALMON CHOWDER

1 can corn
1 can salmon
1 tablespoon Worcestershire sauce
2 to 3 hard cooked eggs

Drain the liquid from the corn and evaporate to about 3 tablespoons in the VIKO Aluminum Skillet. To this add the Worcestershire sauce and corn. Cover and cook 10 minutes. Add the salmon from which the bone and skin have been removed. Mix with the corn. Cover for a few minutes to heat. Remove to serving dish and garnish with slices of hard cooked eggs sprinkled with paprika.

ASPARAGUS SOUP

1 quart mixture of milk and liquid from canned asparagus
2 tablespoons flour
2 tablespoons butter
1 large can asparagus
Salt and pepper

Melt the butter in the top of a VIKO aluminum Double Boiler, add the flour, add the liquid, and cook until thickened. Heat the asparagus. Mash through a sieve and combine it with the milk mixture. Season with salt and pepper, reheat, beat with egg beater and serve very hot.

CORN SOUP

1 can corn
1 quart milk
3 tablespoons whole wheat flour
½ cup chopped parsley
⅓ cup butter
1 teaspoon salt
⅛ cup grated onion

Cream butter, flour, and salt thoroughly in a VIKO aluminum Sauce Pan. Add milk, and place over flame until it reaches boiling point. Add onion and corn; cook gently over very low flame 15 minutes. Serve with rounds of buttered whole wheat toast.

LA CHOY SOUP

½ lb. beef, chopped
Water
La Choy Bamboo Sprouts, sliced thin
La Choy Bean Sprouts
La Choy Water Chestnuts, sliced
2 tablespoons La Choy Soy Bean Sauce
La Choy Chow Mein Noodles

Liberally cover the beef with cold water, using VIKO Dutch Oven. Cover, bring to the boiling point, then reduce flame very low. Continue to cook 45 minutes to 1 hour. Then add the other ingredients (except the noodles). Cover and continue to cook 10 minutes longer. Serve very hot with La Choy Chow Mein Noodles.

LA CHOY PEA SOUP

1 can peas
1 tablespoon butter or substitute
1 tablespoon flour
1 cup liquid, poured from the peas
1½ teaspoons La Choy Soy Bean Sauce

Force the peas through a colander. Melt the butter in the VIKO Sauce Pan, blend in the flour, add the liquid, and cook until slightly thickened, stirring constantly. Cook over a low flame 10 minutes. Add the pulp from the peas and the sauce. Heat and serve at once.

SCHUMANN-HEINK'S POTATO SOUP

4 large potatoes
2 large onions
3 bay leaves
1 quart milk
2 egg yolks, beaten
Salt and pepper
Toasted bread crumbs
Butter

Boil the potatoes, onions, and bay leaves in salted water in VIKO Aluminum Covered Pan until done. Put through VIKO Aluminum Food Press, then add milk, egg yolks and salt and pepper to taste. Add butter and cream if desired. Serve hot with bits of toasted bread.

ONION SOUP WITH CHEESE

2 cups beef stock
2 large onions
2 tablespoons butter
2 slices toasted bread
4 tablespoons grated cheese

Slice the onions very fine, and fry them in the melted butter until they are brown. Place in a VIKO Aluminum Sauce Pan. Then add the stock, cover, and boil until the onions are tender, which takes about 15 minutes. Place the toast in the bottom of a tureen. Pour the soup over the toast. Sprinkle grated cheese over the top, and serve immediately.

STANDARD CREAM OF VEGETABLE SOUP

2 tablespoons butter
2 tablespoons flour
2 cups milk
1 teaspoon salt
¼ teaspoon pepper
4 cups vegetable stock and pulp

Heat vegetables (if canned) in stock. Mash through a Viko Food Press, making a puree. Melt butter, stir into it the flour, and blend in the milk. Cook till white sauce thickens. Then add salt, pepper and vegetable puree. Cook slowly till well blended in double boiler. Serve hot with croutons. Serves 6.

VEGETABLE SOUP

2 lb. beef knuckle
Water
1 cup carrots
1½ cups cabbage
1 cup diced potatoes
1 medium onion
1 stalk celery
1 tablespoon salt

Place beef knuckle in the VIKO Cooker and cover with water, cover the cooker, and heat over a medium high flame 5 to 10 minutes, then reduce the heat and cook 1½ to 3 hours over a low flame. To each two quarts of liquor add the above amounts of vegetables and salt. Cook slowly from 1 to 2 hours. Serve very hot with crisp crackers. The meat may be cut up and added to the soup if desired. Tomatoes, turnips, and rutabagas may also be added. Season with salt and pepper to taste. The long slow cooking in the cooker insures a delicious flavor. A pudding may be prepared in the inset pan above the soup.

CREAM OF CARROT SOUP

2 cups carrots
4 cups boiling water
4 tablespoons celery, chopped fine
1 tablespoon onion juice
2 tablespoons butter or other fat
2 tablespoons flour
¼ teaspoon pepper
1 teaspoon salt
2 cups milk

Wash, scrape, and dice the carrots, and cook until tender in VIKO aluminum Sauce Pan. Rub through a sieve and add the pulp and liquid (there should be two cups) to the white sauce made from the ingredients in the second column. Add the chopped celery and onion juice to the soup. Serve very hot with crackers or toast.

MOCK BISQUE SOUP

2 cups raw or canned tomatoes
2 teaspoons sugar
⅛ teaspoon soda
½ onion, stuck with 6 cloves
Sprig of parsley
Bit of bay leaf
¾ cup stale bread crumbs
4 cups milk
½ tablespoon salt
⅛ teaspoon pepper
⅓ cup butter

Scald milk with bread crumbs, onion, parsley, and bay leaf in a VIKO Dutch Oven. Remove seasonings and rub through a sieve. Cook tomatoes with sugar fifteen minutes in a VIKO Sauce Pan; add soda and rub through a puree strainer. Reheat bread and milk to boiling point, add tomatoes, and pour at once into tureen over butter, salt and pepper. Serve with croutons, crisp crackers, or souffled crackers. Note: Do not combine tomatoes and milk until ready to serve. Standing may cause curdling.

CLAM CHOWDER

1 quart clams
4 cups potatoes (diced)
2 inch square of fat salt pork
1 sliced onion
1 teaspoon salt
⅛ teaspoon pepper
4 teaspoons butter
4 cups milk
8 soda crackers (rolled)

Pick over clams, drain and cut pork in small pieces and try out in the VIKO aluminum Dutch Oven. Add the onion, fry 5 minutes, add potatoes, clam liquor and water enough to cover. Cook until nearly tender, add butter, milk, seasoning and when potatoes are done and milk is very hot, add clams and cook three minutes.

ADDITIONAL RECIPES

BEVERAGES

For children, milk is the ideal beverage at all meals. For variations give them cocoa, chocolate or chocolate milk.

Adults may add coffee and tea to the suggested list for children.

Since the body needs liquid as a temperature regulator, and as a means of carrying food to the tissues and cells, it is well to consider beverages carefully.

BOILED COFFEE

1 cup coffee — **1 cup cold water**
1 egg — **6 cups boiling water**
¼ teaspoon salt

Scald a clean coffee-pot. Wash egg, break, and beat slightly. Dilute with one-half the cold water, add crushed shell, and mix with coffee. Turn into coffee-pot, pour on freshly boiling water, and stir thoroughly. Place on front of range, and boil 3 minutes. If not boiled, coffee is cloudy; if boiled too long, too much tannic acid is developed. The spout of pot should be covered or stuffed with soft paper to prevent escape of fragrant aroma. Add remaining cold water, which perfects clearing. Cold water being heavier than hot water sinks to the bottom, carrying grounds with it. Place on back of range for ten minutes, where coffee will not boil. Serve at once. If any is left over, drain from grounds, and reserve for making jelly or other dessert.

DRIP COFFEE

Place the basket in the lower section of the VIKO Aluminum Drip Coffee Maker. Into the basket put coffee up to the desired graduation. Place the upper section on the basket, and pour in vigorously boiling water up to the corresponding graduation. Cover the pot. When all the water has dripped through, the coffee is ready to serve. Allow about 1 minute per cup.

FILTERED OR FRENCH DRIP COFFEE

1 cup coffee (finely ground) — **6 cups boiling water**

Various kinds of coffee-pots are on the market for making filtered coffee. They all contain a strainer to hold coffee without allowing grounds to mix with infusion. Some have additional vessel to hold boiling water upon which coffee-pot may rest. Place coffee in strainer and strainer in coffee pot. Add gradually boiling water and allow it to filter. Cover between additions of water. If desired stronger, refilter. Serve at once with sugar and cream.
Put sugar and cream in cup before hot coffee. There will be perceptible difference if cream is added last. If cream is not obtainable scalded milk may be substituted, or part milk and part cream may be used if a dilute cup of coffee is desired.

CHOCOLATE

1½ ounces bitter chocolate — **3 cups milk**
4 tablespoons sugar — **Pinch salt**
1 cup boiling water

Melt chocolate over hot water. Scald milk in VIKO Aluminum Double Boiler, add melted chocolate, sugar, salt, and gradually the boiling water. When smooth place over heat and boil 1 minute, add scalded milk. Beat and serve.

COCOA

1 cup milk
1 cup boiling water
3 teaspoons Cocoa
3 teaspoons sugar
½ teaspoon cornstarch

Scald milk in VIKO Aluminum Double Boiler. Put cocoa, sugar, cornstarch and boiling water in an aluminum sauce pan, boil one minute, then add it to the scalded milk.
½ teaspoon of vanilla may be added to flavor it.
Makes 2 cups cocoa.

EGG NOG

1 glass cold milk
1 egg
⅛ teaspoon salt
1 teaspoon vanilla

Beat egg with Instant Whip Beater, add salt and vanilla. Add milk gradually, beating well. Serve cold. A little nutmeg or cinnamon may be sprinkled on top, if desired.

CREAM EGG NOG

6 eggs
⅛ teaspoon salt
1 teaspoon vanilla
2 cups cream
4 tablespoons confectioners' sugar

Beat eggs separately with Instant Whip Beater, whip cream, combine with beaten egg yolks, sugar and salt. Fold in egg whites. Serve cold.

HOT FRUIT PUNCH

1 qt. cherry, currant, raspberry or grape juice
2 qts. water
2 cups sugar
½ teaspoon whole cloves
½ cup lemon juice
Lemon rind

Boil sugar, water, lemon rind and spice 5 minutes in VIKO Aluminum Sauce Pan. Strain. Add rest of ingredients and boil five minutes. Serve hot.

HOT SPICED FRUIT PUNCH

4 cups water
1 quart pineapple juice
4 inches stick cinnamon
1 teaspoon whole cloves
½ teaspoon allspice
1 cup lemon juice
Strained honey
1 cup halved maraschino cherries with juice
Thin slices orange

Bring the water to boiling point in VIKO Aluminum Sauce Pan, add pineapple juice and spices, and simmer ten minutes. Strain, add the lemon juice, strained honey to sweeten—about one cup—and cherries. Serve hot, garnished with thin slices of orange (unpeeled). Serves ten.

HOT TEA PUNCH

1 qt. orange pekoe tea
Juice of 1 orange
Juice of ½ lemon
½ cup white grape juice
Dash of clove
Sugar

To the hot tea add the other ingredients. Sweeten slightly to taste. Serve boiling hot.

FRUIT PUNCH

Juice 5 lemons
Juice 5 oranges
1 cup grated pineapple
1 cup strawberry syrup
1½ cups tea infusion
1¼ cups sugar
1 cup hot water
1 quart cold water

Mix juices. Make syrup by boiling the sugar and hot water in a VIKO Aluminum Sauce Pan. Add syrup and tea to the juices and turn into a punch bowl over a large piece of ice (if artificial). Add the cold water, and if desired, halves of maraschino cherries.

Tea infusion is made by pouring boiling water over tea leaves and draining it off immediately. This is an excellent foundation for punch and makes it go much farther.

GINGER ALE PUNCH

1 cup strong hot tea
1 cup sugar
¾ cup orange juice
⅓ cup lemon juice
1 pint ginger ale
1 pint ice water
Slices of orange

Prepare tea as for iced tea and pour over sugar. Cool, add fruit juice and turn into large pitcher one third full of ice cubes. Just before serving add gingerale, ice water, orange slices. 7 servings.

HONEY AND FRUIT PUNCH

2 cups strawberry juice
1 cup pineapple juice
¼ cup lemon juice
⅓ cup honey
4 cups water

Mix all ingredients thoroughly by beating together with the Instant Whip Beater. Serve in tall glasses with crushed ice. Garnish with maraschino cherries, or mint leaves.

PARTY PUNCH

1 pint lemon ice
4 pints gingerale

Beat lemon ice into gingerale with Instant Whip Beater. Serve in glasses with crushed ice and maraschino cherries.

FRUIT LEMONADE

1 cup sugar
½ cup water

Make a syrup of these two ingredients, and set aside to cool.

Juice of 2 lemons
Juice of ⅔ orange
⅔ cup pineapple juice
4 tablespoons cracked ice
4 cherries
Few slices of banana
1⅓ cup ginger ale

Pour ½ cup of the cooled syrup into a VIKO Aluminum Beverage Mixer, add the fruit juices and the ice, and shake. Fill the glasses about half, and complete with ginger ale, a cherry, and a few slices of banana.

ICED TEA

Lemon
2 teaspoons sugar
Mint leaves
Ice cubes
Tea

Fill a large glass ⅔ full with ice cubes, add 2 thin slices of lemon, 2 teaspoons sugar, and fill with freshly made hot strong tea. Add mint.

ADDITIONAL RECIPES

BREADS

There is nothing quite as good as a piece of real good home made bread. To be sure of best results have flour which contains a large amount of gluten, and fresh yeast. Using whole milk makes the bread more nutritious; sugar helps to flavor it and to give a brown crust and aids the action of the yeast.

Bread is baked in a hot oven, and when baked in aluminum pans will bake quicker and more evenly. Remove loaves from pan immediately. If a crisp crust is desired cool uncovered; if a soft crust is preferred cover with a clean towel.

Quick breads are prepared in a much shorter time and are usually served hot. To have best results use good ingredients, accurate measures and bake in pans best suited for the recipes.

QUICK METHOD BREAD DOUGH—STANDARD RECIPE

1 cup scalded milk
1 cup boiling water
1 tablespoon lard
1 tablespoon butter
1 tablespoon salt
2 tablespoons sugar
2 yeast cakes dissovled in
¼ cup lukewarm water
6 cups sifted flour, or one
cup white flour and enough
entire wheat flour to knead

Scald milk in upper part of VIKO Aluminum Double Boiler, add boiling water, lard, sugar and salt and let stand until lukewarm. Pour into large mixing bowl. Add dissolved yeast cakes and five cups sifted bread flour, then stir until thoroughly mixed, using a knife or mixing spoon. Add remaining flour, mix and turn on a floured board, leaving a clean dish. Knead to mix ingredients until mixture is smooth, elastic to touch, and bubbles may be seen under surface. Return to mixing bowl which has been oiled and place over warm water (95 to 100° F.). Cover with cloth and let rise until double in bulk (2½ hours). Turn onto floured board or cloth and divide. Shape into two loaves, let rise and bake in VIKO Aluminum Bread Pans at 450° F. until it begins to brown (10 minutes) then 375° F. for 45 to 60 minutes.
This recipe may be increased two or three times to suit the needs of the family.

VIKO POTATO BREAD

1—2 oz. cake compressed yeast
¼ cup lukewarm water
1 tablespoon sugar
½ cup flour
1 cup milk
1 tablespoon lard
½ tablespoon butter
1 teaspoon salt
¾ cup riced potato
3½ cups sifted bread flour

Soften the yeast in the lukewarm water and stir in 1 tablespoon sugar and ½ cup flour. Cover and leave to rise. Scald the milk; add the lard, butter, salt, and riced potato; cool; when lukewarm add the yeast sponge and the remaining flour. A stiff dough should result. Allow this to double in bulk, then work into a smooth loaf, press into VIKO Aluminum Bread Pan, and when light again bake in oven at 350° F. about 1 hour.

WHITE BREAD (Straight Dough Method)
(4 loaves)

About 12 cups bread flour (sifted)

4 cups liquid (water, or water and milk)
1¼ tablespoons shortening
2½ tablespoons sugar
1½ tablespoons salt
1 compressed yeast cake dissolved in ½ cup lukewarm water

Add dissolved yeast, sugar and salt to lukewarm liquid. Add one-half the flour and beat thoroughly. Add melted shortening and remainder of the flour gradually. Mix well and turn out on floured board. Knead until the dough becomes elastic to the touch, and will not stick to the board. Place in greased bowl, cover and allow to rise in a temperature of from 80 degrees to 82 degrees F. until it has doubled in bulk, about 2½ hours. Punch down and turn dough over. Let stand 15 minutes. Some bread makers prefer to return the dough to the bowl and allow it to rise a second time until it nearly doubles in bulk before placing in the pans—about 45 minutes. This tends to produce a finer texture in the bread, but sacrifices the flavor to a slight degree. Form into loaves of a size to half fill pans. Place in VIKO Aluminum Bread Pans and allow to rise until it has doubled in bulk. This will bring the top of the dough about even with the edges of the pan. Bake 45 to 50 minutes. Oven temperature 425 degrees F. for 15 minutes, lower to moderate temperature 380 degrees F.

Use above for Parker House Rolls as follows:

Turn dough on board. Roll out ¼ inch thick. Brush over lightly with melted butter. Cut with small biscuit cutter. Dip blade of knife in flour, and with the back edge make a deep crease through the center of each piece. Brush half of each piece with melted butter. Fold and press edges together. Place in VIKO Aluminum Biscuit Pan ½ inch apart, cover with clean towel and allow to rise until light—about 25 minutes. Bake in a moderately hot oven (400 degrees F.) 20-25 minutes.

SAVARIN (FRENCH COFFEE CAKE)

1 cup lukewarm milk
1 teaspoon salt
½ ounce compressed yeast
4 cups sifted flour
1½ cups butter
1 cup sugar
5 eggs
Rind of a lemon
2 tablespoons maraschino juice

Stir milk, salt, yeast, and one cup of the flour, and let it rise. Cream butter; add sugar gradually, then the eggs, one at a time, lemon, yeast mixture, and remaining flour. Beat until smooth and light. Oil the VIKO Aluminum Angel Food Cake Pan, and pour the mixture into it. Let rise to the top, and bake in a moderate oven, 350° F., for about one hour and 20 minutes.

CLOVER LEAF YEAST ROLLS

2 cups scalded milk
3 tablespoons butter
2 tablespoons sugar
2 teaspoons salt
1 (1 oz.) yeast cake dissolved in ¼ cup lukewarm water
About 5½ cups sifted flour

Add butter, sugar, and salt to milk. When lukewarm, add dissolved yeast cake and 3 cups of sifted flour. Beat thoroughly, cover and place in a cold refrigerator over night. The next morning add enough sifted flour to knead (it will take about 2½ cups.) Let rise until about doubled in bulk. Knead and roll into small balls. Place in threes in VIKO Aluminum Muffin Pans. Brush over with milk and bake in hot oven 400° F.

PECAN ROLLS

1 cup scalded milk
1 compressed yeast cake
3 cups sifted flour (or more)
¼ cup sugar
½ cup raisins
1 teaspoon salt
1 whole egg
Yolk of 1 egg
¼ cup melted butter
½ cup nuts if desired

Dissolve yeast cake in a little lukewarm water. When milk is lukewarm, add sugar, yeast and salt. Let stand 5 minutes. Add 2 cups flour. Beat well. Add sugar, salt, beaten eggs and melted butter. Beat thoroughly. Add balance of flour or enough to make a soft dough. Turn out on a floured board and knead in a smooth dough. Place in a well greased large VIKO Aluminum Mixing Bowl. Let rise until double in bulk, knead down, and let rise 45 minutes. Roll dough ¼ inch thick, brush with melted butter, sprinkle with mixed sugar and cinnamon, raisins, and nuts if desired. Roll up like jelly roll and cut in 1 inch pieces. Heat 4 tablespoons butter in a VIKO Aluminum Square or Round Layer Cake Pan, add a layer, about ¼ inch thick, of brown sugar. On top of this, sprinkle a few pecans (or other nuts). Over this place the rolls, cut surface down. Let rise until very light. Brush over with egg white which has been beaten until foamy. Bake 30 minutes in a hot oven 400° F. Invert on platter or oiled paper.

BUNDT KUCHEN

1 cup milk
⅛ teaspoon salt
1 ounce compressed yeast
1 cup butter
1 cup sugar
8 eggs
4 cups sifted bread flour
Raisins
Chopped walnuts

Scald the milk and when lukewarm add the salt and yeast and one cup of the flour and set aside to rise. Cream the butter, add the sugar gradually. Add the beaten egg yolks and beat well. Add the raised mixture and the rest of the flour and then fold in the beaten egg whites, raisins and nuts.

Oil a VIKO Aluminum Spring-Apart Cake Pan with tubed inset and pour the kuchen into it. Let rise until very light and bake until well done and brown at 350° F. (45 to 60 minutes).

WHOLE WHEAT LUNCHEON BREAD

1 yeast cake, dissolved in ¼ cup lukewarm water
2 cups scalded milk
2 teaspoons salt
1 tablespoon sugar
3 tablespoons molasses
3 tablespoons shortening
1 cup chopped nut meats
2 cups whole wheat flour
About 4 cups sifted bread flour

Add 1 teaspoon sugar to dissolved yeast cake and let stand while milk is scalding. Pour scalded milk over salt, sugar, molasses, and fat in mixing bowl, and stir until sugar and salt are dissolved. When mixture has cooled to lukewarm, add dissolved yeast cake, stirring it in, then add enough white flour to make a thin batter (2 to 2½ cups). Beat until batter is smooth and full of bubbles. Add nuts and two cups of whole wheat flour, then enough more white flour to make a dough stiff enough to handle on a board. Do not have mixture too stiff. Turn onto a floured board and knead until elastic and smooth (10 to 15 minutes). Let rise until double in bulk, punch down and turn dough over, let stand 15 minutes and shape into two loaves in VIKO Aluminum Bread Pans. When double in bulk bake bread at 375° F. for 45 to 50 minutes. More sugar may be used if desired, and a little more flour may be needed than is given in the recipe.

KRUMMEL KUCHEN

1 cup hot milk
⅛ cup butter or shortening
¼ cup sugar
½ teaspoon salt
1 egg
1 yeast cake dissolved in
¼ cup lukewarm milk
About 2¾ cups sifted flour
(or more)

Add butter, sugar and salt to milk; when lukewarm, add dissolved yeast cake, beaten egg, flour to make a very stiff batter; beat well, cover and let rise until light. (This will take about 2 hours.) Spread ½ inch thick in VIKO Aluminum Square Cake Pan. Cover and let rise again. When light, spread over the top of cake 2 tablespoons melted butter, then sprinkle with the following mixture:

¼ cup sugar
½ cup flour
sifted together
¼ cup butter,
rub in the butter

Bake in moderate oven, 350° F. for 40 minutes.

PARKER HOUSE ROLLS

2½ cups sifted bread flour
1 tablespoon sugar
1 teaspoon salt
2 tablespoons lard
1 yeast cake
⅛ cup lukewarm water
½ cup milk

Dissolve yeast cake in luke warm water. Warm milk, add sugar and dissolve yeast, add shortening and sift flour and salt into mixture. Beat well and set aside to rise. When light roll dough to ⅛ inch thickness; cut with biscuit cutter, crease thru the middle with dull edge of knife; brush with melted butter, fold, press lightly, place in buttered VIKO Aluminum Pans—cover, let rise—bake in a hot oven 425° F. for 20 minutes. Just before removing brush tops with melted butter.

Rose Tint Parker House Rolls may be made by substituting ½ cup tomato juice for the ½ cup milk in this recipe.

BUTTER HORNS

1—2 oz. cake compressed yeast
1 teaspoon sugar
1 cup warm milk
½ cup melted butter
3 eggs
4 cups sifted flour
½ cup sugar
1 teaspoon salt

Break up the yeast with a fork, sprinkle 1 teaspoon sugar over the top, cover with water and let stand until light. Melt the butter in the warm milk. Sift together the flour, sugar, and salt. Beat the eggs light, add the warm (not hot) milk and butter to the yeast, and beat thoroughly. Then beat in the flour mixture. Cover and let rise over night at room temperature, about 80° F. The following morning shape into horns, pocketbook rolls, filled tarts, kolatchen, Swedish tea ring or tea biscuits. Bake in VIKO Aluminum Pan at 350° F. until light brown, then reduce the heat to 325° F. until done.

PEANUT BUTTER TEA ROLLS

1 cake yeast
¼ cup lukewarm water
1 cup scalded milk
½ cup peanut butter
About 3½ cups sifted flour
¼ cup melted shortening
¼ cup sugar
1 teaspoon salt
Pinch of nutmeg
2 eggs, well beaten

Dissolve the cake of yeast in the lukewarm water. Stir the peanut butter and 1½ cups flour into the lukewarm milk. Beat well, and add the yeast. Let rise until light, then add the remaining ingredients. Add flour to make a soft dough. Knead and let rise in a warm place until double in bulk. Shape into rolls. Place in greased VIKO aluminum Biscuit Pan, and let rise until light. Bake in a moderate oven, 375° F., until done.

WATER HORNS

1 cup lard (level)
5 egg yolks
1¼ cakes yeast
1 teaspoon salt
3¼ to 3½ cups sifted flour
1 cup sweet cream

Put dough in wet napkin. Tie napkin at top. Put in bowl or pan and cover with cold water. Let stand until dough floats, about two hours. Turn out on plate. Mix one cup sugar and one teaspoon cinnamon and put on another plate. Drop one teaspoon of dough into sugar-cinnamon mixture and shape into small horns. Put into VIKO Aluminum Jelly Roll Pan and let rise until light—15 or 30 minutes. Bake in moderate oven 350° F.

HOT CROSS BUNS

1 cup scalded milk
⅓ cup butter or shortening
¼ cup sugar
½ teaspoon salt
1 egg
1 yeast cake dissolved in ¼ cup lukewarm milk
3 cups sifted flour
¾ teaspoon cinnamon
¼ cup raisins or ¼ cup currants

Add butter, sugar and salt to milk; when lukewarm, add dissolved yeast cake and beaten egg. Add flour and cinnamon and beat well. Add raisins, which have been floured with a portion of the flour called for in recipe, cover and let rise until light. Shape in form of large biscuits, place in VIKO Aluminum Biscuit Pan 1 inch apart, let rise, brush over with beaten egg, and bake 20 minutes at 400° F. Cool, and with confectioners' frosting, make a cross on top of each bun.

KOLATCHEN

1 cup hot milk
⅓ cup butter, or other fat
¼ cup sugar
½ teaspoon salt
¾ yeast cake (2c cake) dissolved in ¼ cup lukewarm milk
1 egg
2¾ cups sifted flour

Add butter, sugar, and salt to the milk; when lukewarm add dissolved yeast cake, egg, well beaten, flour to make a stiff batter, cover, and let rise. Roll 1 inch thick on a floured board, cut with a VIKO aluminum Biscuit Cutter, and place close together in a buttered VIKO aluminum Biscuit Pan. Let rise until very light. Dip fingers in flour, and make a cavity in center of each biscuit, and fill with prunes or jelly as desired. Bake 15 to 20 minutes in hot oven (400° F.)

RAISED BISCUITS

2 cups scalded milk
3 tablespoons butter
2 tablespoons sugar
2 teaspoons salt
1 yeast cake dissolved in ¼ cup lukewarm water
About 5½ cups sifted flour

Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake and three cups of flour. Beat thoroughly, cover, and let rise until light; cut down, and add enough flour to knead (it will take about two and one-half cups). Let rise again, toss on slightly floured board, knead, pat, and roll out to one-third inch thickness. Shape with biscuit-cutter, first dipped in flour. Place in VIKO Aluminum Jelly Roll Pan, cover, let rise, and bake in hot oven, 400° F., twelve to fifteen minutes.

ICE BOX ROLLS

1 quart milk
1 cake compressed yeast
1 cup sugar
1 teaspoon baking soda
2 teaspoons baking powder
1 tablespoon salt
Bread flour to make semi-stiff dough (6 to 8 cups)
3 tablespoons lard

Soak yeast in ¼ cup lukewarm milk. Scald remaining milk, add lard, sugar and salt. When lukewarm add yeast and flour with which baking powder and soda have been sifted. Mix well, cover and place in refrigerator 24 hours. Bake as desired in VIKO Aluminum Pans. The remaining dough will keep for several days and portions can be baked each day.

BRAN BREAD (2 loaves)

2 cups sifted bread flour
2 teaspoons soda
½ cup sugar
1 teaspoon salt
2 cups bran
2 cups graham flour
2 cups sour milk
1 cup molasses
1 egg
½ cup hot water
1 cup raisins
½ cup nut meats, chopped

Sift the bread flour, soda, sugar, and salt. Mix thoroughly with the bran and graham flour. Mix milk with molasses and well beaten egg. Add to the dry ingredients and mix thoroughly. Add hot water and lastly the raisins and walnut meats, chopped and dredged in flour. Bake in greased VIKO Aluminum Baking and Dessert Pan in a moderate oven, 350° F., about 1¼ hours. This recipe makes two medium sized loaves.

CINNAMON ROLL BREAD

1 cup scalded milk
½ cup sugar
1 teaspoon salt
4 tablespoons shortening
1 yeast cake
2 tablespoons lukewarm water
1 egg, well beaten
4 cups sifted flour
For Spreading:
1 tablespoon butter
¼ cup sugar
1 tablespoon cinnamon

Combine scalded milk with sugar, salt and shortening—cool until lukewarm. Add yeast, which has been softened in 2 tablespoons water. Then add beaten egg and as much flour as can be stirred into the dough without kneading. Let rise until double in bulk. Turn onto lightly floured board and knead until easily handled. Roll out ½" thick and spread with melted butter. Sprinkle sugar and cinnamon, mixed together, over buttered surface. Roll like a jelly roll and place seamed side down in greased VIKO Aluminum Baking and Dessert Pan. Cover and let rise until nearly double in bulk. Bake in a moderate oven (375° F.) for 45 minutes. Brush with melted fat when taken from oven. Makes 1 large loaf.

BOSTON BROWN BREAD

1 cup sifted bread flour
1 cup whole wheat or Graham flour
1 cup cornmeal
1 to 1½ teaspoons salt
2 cups sour milk
2 teaspoons soda
¾ cup molasses

Combine dry ingredients and then mix with liquids. Half fill buttered VIKO aluminum mold, cover and steam 2 hours. This bread may also be baked, but is much better steamed.

BROWN BREAD

1 cup sifted white flour
2 teaspoons baking powder
½ teaspoon salt
2 cups graham flour
1 cup yellow cornmeal
1 cup brown sugar
½ cup raisins
2 cups sour milk
2 teaspoons soda

Sift the flour, baking powder and salt together several times, and then into a bowl. Add the graham flour, cornmeal, brown sugar and raisins, and mix well. Dissolve the soda in the sour milk and add to mixture. Bake in a well oiled VIKO Aluminum Baking Pan in a moderate oven (350° F.) for about one hour.

PEASANT'S CORN BREAD

1 cup corn meal
1 cup sifted flour
3 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
1 egg
1 cup milk
4 slices breakfast bacon cut into small pieces

Sift the dry ingredients together. Beat the egg, add the milk, then the dry ingredients. Put in greased VIKO Aluminum Biscuit Pan, sprinkle the bacon over the top. Bake in moderately hot oven, 375° F., 25 minutes.
The bacon may be omitted if desired.

GRAHAM NUT BREAD

1 cup sifted bread flour
2 cups graham flour
4 teaspoons baking powder
¾ teaspoon soda
½ teaspoon salt
1 cup brown sugar
½ cup chopped nuts
1¼ cups sour milk
2 tablespoons shortening
½ cup raisins (if desired)

Sift white flour, baking powder and salt two or three times. Cut in shortening. Add sugar and unsifted graham flour. Add nuts and raisins, if used. Add soda to sour milk, then add to dry ingredients. Pour into greased VIKO Aluminum Bread Pan. Bake 1 hour at 350° F.

QUICK NUT BREAD

1 egg
¼ cup sugar
1 cup milk
2 cups sifted flour
½ cup nuts
2 teaspoons baking powder
½ teaspoon salt

Beat egg well, add sugar, gradually add milk, flour and nuts. Put baking powder in last of flour. Put in greased VIKO Aluminum Baking and Dessert Pan. Let stand 20 minutes. Bake 40 minutes in moderate oven 375° F.

STEAMED CORN BREAD

- 1¾ cups cornmeal
- ⅛ cup sifted bread flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- ¼ cup molasses
- 1 cup sour milk
- ½ teaspoon soda
- 3 tablespoons fat (melted)

Mix and sift the dry ingredients. Add to them the milk, molasses, and melted fat. Beat until thoroughly blended. Turn into well oiled VIKO Aluminum Ring Mold. Steam 1½ hours in VIKO Aluminum Dutch Oven. Serve hot.

SOUTHERN SPOON BREAD

- 1 cup cornmeal
- ½ cup cold water
- ¾ cup boiling water
- ¾ teaspoon salt
- 1 tablespoon butter or substitute
- 1 teaspoon baking powder
- 1 or 2 eggs, beaten light
- ¾ cup milk
- ¼ cup leftover chopped bacon (if desired)

Mix cornmeal with cold water in VIKO Aluminum Mixing Bowl, add boiling water, and stir over the flame until mixture is of a consistency of very thick mush which should look partly cooked. A little more water may be necessary. Add butter and salt and when cool mix in baking powder with beaten eggs and stir well. Lastly add milk and pour into an oiled VIKO Aluminum Bread Pan. Bake 45 minutes to 1 hour in a moderate oven, 350° F., until firm. Serve from the same dish with a spoon. It should be served piping hot with butter or syrup. If bacon is used, stir it in last. Recipe makes six generous servings.

BRAN MUFFINS

- 2 tablespoons shortening (melted)
- ¼ cup sugar
- 1 egg
- 1 cup sour milk
- 1 cup sifted bread flour
- 1 cup bran
- ¼ teaspoon salt
- 1 teaspoon baking powder
- ½ teaspoon soda

Mix and sift flour, baking powder, soda and salt. Beat eggs, add milk, bran and remaining dry ingredients. Add butter. Bake in greased VIKO Aluminum Muffin Pans in moderately hot oven (400° F.) for 15 minutes.

FIG NUT MUFFINS

- 2 cups sifted flour
- 5 teaspoons baking powder
- ½ teaspoon salt
- ½ cup chopped figs
- ¼ cup chopped walnuts
- 2 eggs
- 1 cup milk
- 2 tablespoons melted butter

Sift dry ingredients, add nuts and figs. Beat eggs and add milk and melted butter. Combine ingredients quickly. Pour into greased VIKO Aluminum Muffin Pans. Bake 20 minutes at 400° F. Makes 10 muffins.

ONE EGG MUFFINS

- 3 cups sifted flour
- 6 teaspoons baking powder
- 1 teaspoon salt
- 3 tablespoons sugar
- 1⅛ cups milk
- 3 tablespoons melted butter
- 1 egg

Mix and sift dry ingredients; add gradually milk, egg well beaten, and melted butter. Bake in buttered VIKO Aluminum Gem Pans twenty-five minutes.

VIKO LUNCHEON MUFFINS

3 tablespoons shortening
1½ cups sifted flour
1 tablespoon baking powder
1 tablespoon sugar
¾ teaspoon salt
1 egg, beaten
½ cup milk

Sift together the flour, baking powder, sugar, and salt. Cut the fat into the sifted dry ingredients. Beat the egg and add the milk to it. Then combine with the flour mixture. Drop by spoonfuls in well oiled VIKO Aluminum Muffin Pans. Bake in a hot oven (400 to 450° F.) for about 15 minutes.

For variety add spice, nuts, dates, or raisins to the flour. For a quick coffee cake bake in a VIKO Aluminum Layer Cake Pan with a generous coating of butter, brown sugar, and cinnamon over the top.

NUT AND DATE MUFFINS

1 egg
1 cup milk
2 cups sifted bread flour
4 teaspoons baking powder
½ teaspoon salt
4 tablespoons sugar
½ cup chopped dates
½ cup chopped nuts
4 tablespoons melted fat

Break the egg into a mixing bowl; beat it. Add the milk to it. Sift dry ingredients. Combine the milk and flour mixtures, and add the dates and nuts. Add the melted fat, mix quickly and thoroughly, and drop into oiled VIKO Aluminum Muffin Pans. Bake at 400° F. for 20 minutes.

BLUEBERRY MUFFINS

¼ cup butter
¼ cup sugar
1 egg, well beaten
½ teaspooon salt
4 teaspoons baking powder
3 cups sifted flour
1 cup milk
1 cup blueberries

Mix ¼ flour with blueberries, let stand 1 hour. Cream butter and sugar, add egg, sift baking powder, salt and rest of the flour. Combine the two mixtures alternately with the milk, add the floured berries last. Bake at 400° F. in VIKO Aluminum Tea Biscuit Pans, about 25 minutes.

BAKED BLUEBERRY ROLL

2 cupfuls sifted flour
¾ teaspoonful salt
6 tablespoons shortening
1 egg
2 teaspoonfuls baking powder
1 tablespoon sugar
1½ cupfuls milk
1 cupful blueberries, mixed with ¼ cupful sugar

Sift the dry ingredients together, cut in the shortening, and add the milk and beaten egg. Mix well, toss on a floured board, and knead for a few seconds. Roll out very thin into a sheet about 10 inches square and spread with the blueberry mixture. Roll up as you would a jelly roll; pinch edges together to prevent the fruit juice from escaping. Place lengthwise in a shallow VIKO Aluminum Biscuit Pan, and bake in a hot oven (475 degrees F.) for about 20 minutes. Slice and serve with cream of the following hot sauce:

½ cupful sugar
1 cupful blueberries
½ cupful boiling water
2 tablespoons butter
1 tablespoon lemon juice
2 tablespoons flour

Cook the berries and water for 5 minutes and pour them gradually over the flour and sugar, mixed together. Return to a double boiler and cook for 5 minutes longer, then add the butter and lemon juice.

CLOVER LEAF BISCUITS

2 cups sifted flour
1 teaspoon salt
4 teaspoons baking powder
3 tablespoons shortening
⅔ cup milk

Sift dry ingredients, cut in fat, add liquid. Pinch off small piece of dough and roll into balls. Place in threes in VIKO Aluminum Muffin Pans. Brush over with milk and bake in a very hot oven 425° for 15 to 20 minutes. The biscuits will resemble clover leaves when taken from pans.
Variation: Substitute tomato juice for milk to make pink biscuits.

LUNCHEON BISCUITS

2 cups sifted bread flour
4 teaspoons baking powder
1 teaspoon salt
4 tablespoons butter
¾ cup milk (half water)
¾ cup chopped cooked meat

Sift dry ingredients, cut in shortening; add liquid to make soft dough. Roll ¼ inch thick on floured board, spread with butter and chopped meat, roll like a jelly roll, slice ¼ inch thick, brush tops over with milk, bake on greased VIKO Aluminum Baking Sheet 15 minutes at 425° F.

ORANGE BISCUITS

2 cups sifted flour
4 teaspoons baking powder
½ teaspoon salt
4 tablespoons shortening
⅔ cup milk or other liquid
Loaf sugar
1 orange rind
½ orange (juice)

Sift flour, salt, baking powder into a mixing bowl. Cut in shortening, add liquid. Put on floured board, roll to ¾ inch. Cut with biscuit cutter. Break lumps of sugar in halves. Dip them in orange juice and press into biscuits. Grate orange rind over biscuits and bake 15 minutes in hot oven, 450° F., in VIKO Aluminum Biscuit Pan.

WHOLE WHEAT DROP BISCUITS

1 cup whole wheat flour
1 cup sifted white flour
4 teaspoons baking powder
¾ teaspoon salt
3 tablespoons sugar
3 tablespoons shortening
About ¾ cup of milk
or milk and water

Measure whole wheat flour into mixing bowl. Sift together the remaining dry ingredients and mix with the whole wheat flour. Cut in the shortening until mixture looks like coarse meal. Add liquid sufficient to make a soft dough. Dates, raisins, or chopped cooked bacon can be added to the mixture if desired. Turn onto a floured board, and pat to about ¾ to 1 inch thickness; cut with VIKO Aluminum Biscuit Cutter. Place on VIKO Aluminum Cooky Sheet and bake 15 minutes in a very hot oven (475° F.). Recipe makes 12 to 14 biscuits according to size.

BRAN NUT BREAD (Two Loaves)

3 cups health bran
3 cups sifted flour
½ cup sugar
2 cups buttermilk
1 cup molasses
2 level teaspoons soda
1 teaspoon salt
1 well beaten egg
⅔ cup raisins
⅔ cup nuts

Put soda in buttermilk and all wet ingredients in small bowl. All dry ingredients in another bowl and mix well; then stir together, mixing thoroughly. Bake in VIKO Aluminum Bread Pans in slow oven, 325° F., one hour and twenty minutes.

QUICK COFFEE CAKE

2 eggs
6 tablespoons sugar
4 tablespoons melted butter
½ cup milk
2 cups sifted flour
¼ teaspoon salt
4 teaspoons baking powder

Beat eggs, add sugar and beat until light. Add melted butter and milk. Sift flour, salt and baking powder together and add, beating hard. Bake in VIKO Biscuit and Cake Pan.

Struessel Top

1 teaspoon flour
1 teaspoon butter
1 teaspoon sugar

Mix together until small grains are formed. Sprinkle over top of Coffee Cake which has been brushed with melted butter. Bake in a moderate oven. (350° F.)

QUICK SAFFRON CAKE

2 eggs
6 tablespoons sugar
4 tablespoons melted butter
½ cup milk
½ teaspoon saffron
2 cups flour (sifted)
¼ teaspoon salt
4 teaspoons baking powder

Heat the milk to boiling point, add saffron and let stand 1 hour. Beat eggs, add sugar and beat until light. Add melted butter, add milk from which saffron has been strained. Sift flour, salt and baking powder together and add, beating batter hard. Raisins and citron may be added if desired. Bake in VIKO Aluminum Baking and Dessert Pan at 325° F.

The sugar top used on coffee cakes may be used on this if desired.

BAKING POWDER BISCUITS

2 cups sifted flour
4 level teaspoons baking powder
½ teaspoon salt
2 tablespoons shortening
⅔ cup (about) milk

Sift the flour, baking powder, and salt together twice; cut in the shortening, gradually add the milk and mix with a knife to a soft dough; more liquid may be required. Turn upon a lightly floured board, roll with a knife to coat with flour, then knead slightly; roll into a sheet about three-fourths of an inch thick, cut with aluminum biscuit cutter, set in a shallow VIKO Aluminum Baking Pan, and brush over the tops with melted butter. Bake about 15 minutes in a hot oven (450° F.). The butter is to give a rich brown exterior. It may be omitted if desired.

BUTTERSCOTCH BISCUITS

Roll baking powder mixture thin, and spread with

⅓ cup butter, creamed and mixed with
¾ cup brown sugar

Roll up like a jelly roll, cut off pieces 1 inch thick, put in greased VIKO Aluminum Muffin Pans, cut side up, and bake 15 minutes at 400° F.

CHEESE BISCUIT

2 cups sifted flour
4 level tsp. baking powder
½ teaspoon salt
2 tablespoons shortening
Milk
¾ cup grated cheese

Sift flour, baking powder and salt. Cut in shortening, then add cheese. Add milk, enough to make soft dough. Toss on floured board, pat out to ¾ inch in thickness. Cut with biscuit cutter and bake in hot oven at 475 degrees F. on VIKO Aluminum Cooky Sheets.

HONEY ROLLS

¼ cup butter
¼ cup strained honey
Cinnamon
1¾ cups sifted bread flour
4 teaspoons baking powder
½ teaspoon salt
4 tablespoons shortening
½ cup milk

Melt the butter and add to the honey. Pour into oiled VIKO Aluminum Muffin Pan and sprinkle with cinnamon. Sift the flour, baking powder and salt and cut in the shortening. Add the milk and stir a few seconds. Turn onto a floured board and knead lightly. Roll out thin and spread with honey. Sprinkle with cinnamon and roll tightly like a jelly roll. Cut in one-half inch pieces and drop cut side down on the honey and butter mixture. Bake 25-30 minutes in a moderate oven (375° F.) Turn out of pan at once. Nuts may be added to the honey, if desired.

BROWN SUGAR NUT BREAD

1 cup light brown sugar
1 egg
½ teaspoon salt
¼ cup boiling water
½ teaspoon soda
1 cup sour milk
2 cups sifted bread flour
2 teaspoons baking powder
1 cup nut meats

Sift flour with other dry ingredients except sugar. Beat egg until light and add to sugar. Add dry ingredients alternately with sour milk and water. Add nut meats with last of flour. Bake in an oiled VIKO Aluminum Baking and Dessert Pan at 325 to 350° F. for 45 minutes.

CHEESE STRAWS

1 pound strong American cheese
¼ pound butter
2 cups (scant) sifted bread flour
¼ teaspoon hot red pepper

Mix grated cheese and butter, add peppered flour. Work into a smooth soft dough. Put thru VIKO Alumilite Cooky Press, using small star form, onto VIKO Cooky Sheets. Sprinkle generously with salt. Bake in hot oven 450° F. for 10 minutes. Do not let straws get too brown.

FEATHERY DUMPLINGS

2 cups sifted flour
3 teaspoons baking powder
About ⅞ cup milk
¼ teaspoon salt
1 egg

Sift the flour, baking powder, and salt 4 times. Beat the egg and add the milk to it. Pour this into the flour mixture and combine the two. Drop by spoonfuls on top of broth of chicken, veal, beef, or sauer kraut. Cover and boil gently ½ hour.

POTATO DUMPLINGS

15 potatoes (large, raw, grated)
3 slices bread (diced and browned)
Salt
Pepper
Grated nutmeg, to taste
8 slices bacon (diced small)
2 eggs
1 onion (small, cut fine)

Fry bacon. Brown the bread dice in butter and mix all ingredients, including the bacon grease. Form into balls, about twelve. If not stiff enough to stick together, add a little flour. Have ready a VIKO Aluminum Covered Pan of boiling water (salted with two tablespoons salt). Put in dumplings and boil one hour. Keep pan covered.

LIVER DUMPLINGS (Czecho-Slovakian)

- ¼ cup butter
- 3 eggs
- 1 clove garlic
- ⅛ teaspoon grated lemon rind
- ⅛ teaspoon ground allspice
- ¼ teaspoon white pepper
- 1 teaspoon salt
- 1 pound liver
- Soft bread crumbs
- Browned butter

Cream butter until light, gradually adding the eggs, peeled and finely crushed garlic, also lemon rind, allspice, pepper and salt. Remove any skin and veins from liver and chop it finely or pass through food chopper, then add to first mixture with enough bread crumbs to make a light paste—about two and one-half cups. Mix all very thoroughly and set aside for half an hour, then form into balls the size of walnuts, drop into VIKO Aluminum Dutch Oven containing boiling salted water and cook half an hour, then sprinkle generously with additional bread crumbs browned in a little hot butter, serving butter as well as the crumbs. Onion may be substituted in the recipe for garlic. Serves six.

ADDITIONAL RECIPES

ADDITIONAL RECIPES

GRIDDLE CAKES AND DEEP FAT FRYING

To make perfect griddle cakes—use a tested recipe and an aluminum griddle as it heats evenly and browns the cakes just right. Do not pour your batter on the ungreased aluminum griddle until you have tested it for proper temperature. To do this, dip your hand in cold water and shake lightly over the griddle, and if the water separates instantly into small dancing drops the temperature is correct for baking.

Deep fat frying need not result in fat-soaked foods. Have hot fat, and use a deep fat fryer with a wire basket for lifting food out of the fat.

FRENCH PANCAKES

1 cup sifted bread flour
¼ teaspoon salt
2½ teaspoons baking powder
3 eggs, separated
¾ cup milk
1½ tablespoons fat

Sift dry ingredients; add melted fat, egg yolks (well beaten) and milk. Fold in egg whites beaten stiff. Bake on heated VIKO Aluminum Griddle. Spread with jam or sugar and butter, roll like jelly roll.

SOUR MILK GRIDDLE CAKES

1 cup sifted flour
1 teaspoon baking powder
¼ teaspoon salt
1 tablespoon sugar
1 egg
1 cup sour milk
½ teaspoon soda
3 tablespoons melted butter

Sift the flour with the baking powder, salt and sugar into a mixing bowl. In another mixing bowl beat the eggs well. Add the soda to the sour milk, mix thoroughly and add it to the beaten egg with the melted butter. Then add the sour milk mixture to the flour mixture. Put the batter into a pitcher. Pour the batter on the heated VIKO Aluminum Griddle. Cook the cakes on one side until puffed full of bubbles and browned on the edges. Turn the cakes and cook the other side. Serve with butter and syrup.

SWEET MILK GRIDDLE CAKES

1 cup sifted bread flour
¼ teaspoon salt
2½ teaspoons baking powder
1 egg
¾ cup milk
1½ tablespoons fat

Sift dry ingredients; add melted fat, egg (well beaten) and milk. Bake on heated VIKO Aluminum Griddle.

POTATO PANCAKES

6 raw grated potatoes
2 eggs, beaten well
¼ cup sifted bread flour
⅛ teaspoon baking powder
1 teaspoon salt
Dash of pepper
½ cup milk (about)

Peel large potatoes and soak several hours in cold water; grate, drain, and add the remaining ingredients. Drop by spoonfuls on greased VIKO Aluminum Griddle in small cakes. Turn and brown on both sides.

CHEESE WAFFLES

2 cups sifted flour
3 teaspoons baking powder
1 cup milk
4 tablespoons grated cheese
1 tablespoon melted butter
½ teaspoon salt
3 eggs

Sift together the dry ingredients. Heat milk in VIKO Aluminum Sauce Pan. Melt the cheese in the heated milk and cool. Add the egg yolks. Beat and add to the dry ingredients, then add the melted butter. Fold in the egg whites, beaten stiff. Pour into hot Waffle Mold and bake until brown. Remove the cooked waffles with a fork. Serve with butter. The cheese flavor is quite pronounced. However, both butter and syrup may be used if desired.

CORNMEAL WAFFLES

¼ cup cornmeal
¾ cup boiling water
¾ cup sour milk
1½ cups sifted flour
1½ tablespoons sugar
⅓ teaspoon soda
¾ teaspoon salt
1 egg, beaten separate
1 tablespoon melted shortening

Drop the meal into rapidly boiling water as for mush, cook in VIKO Aluminum Double Boiler 20 minutes. Add milk, then sift in dry ingredients together. Add beaten egg yolks and shortening, fold in stiffly beaten whites. Pour into hot Waffle Mold and bake until brown. Serve very hot with syrup and butter.

REGULATION WAFFLES

2 cups sifted flour
3 teaspoons baking powder
1 cup milk
4 tablespoons melted butter
½ teaspoon salt
3 eggs

Sift together the dry ingredients in a VIKO Aluminum Mixing Bowl. Add the egg yolks, beaten and mixed with the milk, then the melted butter. Fold in the egg whites, beaten stiff. Put a tablespoonful of the mixture in each compartment of the heated Waffle Mold, and let down the top. When the mixture is a golden brown, remove the waffle with a fork. Serve with butter and syrup.

SOUR MILK WAFFLES

1 cup sour milk
¾ teaspoon soda
1 cup sifted flour
½ teaspoon salt
1 egg yolk
1 tablespoon melted fat
1 egg white
1 teaspoon sugar

Combine sour milk and soda in a VIKO Aluminum Mixing Bowl. Add flour and salt and sugar, then the beaten yolk. Beat well. Add melted fat and mix thoroughly. Fold in stiffly beaten egg white. Pour into hot Waffle Mold and bake until brown.

PEACH FRITTERS

1 cup sifted bread flour
1½ teaspoons baking powder
2 tablespoons sugar
½ teaspoon salt
1 egg
⅔ cup milk
1 can peaches

Sift flour, baking powder, sugar, and salt. Beat the egg, add milk, and add to the flour mixture. Cut the peach halves in two, dip each piece in the fritter batter, and fry in deep fat (350° F.) in VIKO Aluminum French Fryer. Drain on soft paper. These are good served with the meat course, or as a dessert.

CORN FRITTERS

1 No. 2 can corn
1¼ cups sifted flour
1 teaspoon baking powder
2 teaspoons salt
¼ teaspoon paprika
2 eggs

Chop corn, drain, add dry ingredients mixed and sifted, then beaten eggs. Cook in deep fat 350° F. in VIKO Aluminum French Fryer or sauté in VIKO Aluminum Skillet.

ORANGE FRITTERS

1 egg
¼ cup sugar
1¼ cups sifted flour
½ cup milk
1 teaspoon baking powder
Pinch of salt
Oranges

Beat egg very light, and add sugar and milk. Stir to a smooth batter with the flour in which the baking powder and salt have been sifted. The batter should be thick enough to coat the pieces of the orange. Dip sections of peeled orange into the batter, fry in hot, deep fat in VIKO Aluminum French Fryer at 370° F. Drain, dust with powdered sugar, and serve immediately with the meat course at luncheon or dinner.
Apples may be substituted for the oranges.

SPICE CRULLERS

3 eggs
1 cup sugar
½ cup sour milk
½ teaspoon soda
3 tablespoons melted butter
1 teaspoon baking powder
½ teaspoon cloves
½ teaspoon allspice
1 teaspoon cinnamon
Flour to make batter stiff enough to roll and cut

Beat the eggs, add sugar, milk in which the soda is dissolved, and melted butter. Sift the remaining dry ingredients with one cup of flour. Beat all together until smooth. Add just enough flour to make a batter stiff enough to roll and cut. Roll to ¼ inch thick. Cut in diamond shapes. Fry in hot deep fat, 375° F. in VIKO Aluminum French Fryer, until a deep golden brown. Drain, turn onto crushed brown paper. When cool, dust with powdered sugar. Store in a closely covered utensil.

POTATO DOUGHNUTS

3 tablespoons butter
⅞ cup sugar
3 yolks of eggs, well beaten
1 egg white, well beaten
1 cup freshly mashed potatoes
¼ cup milk
2½ cups sifted flour
3 teaspoons baking powder
½ teaspoon salt
½ teaspoon cinnamon, mace, or nutmeg

Sift dry ingredients together. Cream the butter, beat in the sugar and eggs. Stir in potatoes, milk, and dry ingredients. Additional flour can be added if mixture is too soft to handle. Roll on floured board to ¼ inch thickness, cut out and drop into hot fat in VIKO Aluminum French Fryer. The fat should be hot enough to brown a cube of bread in one minute, or 370° F. by a fat thermometer. Turn the doughnuts as soon as they come to the top of the fat, and continue turning until uniformly brown. Drain them in the wire basket about one minute before removing from the pan, then place on crushed paper or wire rack to cool. Coat with powdered sugar or icing if desired.

CHOCOLATE DOUGHNUTS

¼ cup butter or substitute
1¼ cups sugar
2 eggs
1½ squares (1½ ozs.) unsweetened chocolate
½ teaspoon vanilla
4 cups sifted flour
½ teaspoon salt
1 teaspoon cinnamon
1 cup sour milk
1 teaspoon soda

Cream shortening, add sugar gradually, then well beaten eggs and melted chocolate. Add the vanilla. Sift flour, salt and cinnamon, together. Add to mixture alternately with sour milk in which soda has been dissolved. Roll, cut with VIKO Aluminum Doughnut Cutter, and fry in deep fat (350° F.) in VIKO Aluminum French Fryer. 40 doughnuts.

GERMAN DOUGHNUTS

2c compressed yeast
¼ cup lukewarm water
1 cup scalded lukewarm milk
1 cup sifted flour
1 tablespoon lard
1½ tablespoons sugar
2 eggs
4 cups sifted flour
1 teaspoon salt
1 cup seedless raisins
1 cup milk (about)

Dissolve the yeast in the lukewarm water, add the milk and flour, cover, and let rise until light. Cream the fat, add the sugar, and then the two eggs, one at a time. Add the sifted flour, salt, raisins, yeast mixture, and milk. Beat thoroughly. Let rise until doubled in bulk. Drop by tablespoonfuls in hot fat (375° F.) in VIKO Aulminum French Fryer.

ADDITIONAL RECIPES

VEGETABLES

Vitamins and a plentiful supply of minerals are needed for good health. Consequently, everyone should include in their meals, at least once a day, vegetables properly cooked and attractively served.

Use fresh vegetables in season and always cook with the least possible amount of water (which varies according to the vegetable) and preserve the natural flavors and health building minerals. The ideal method is to so regulate the amount of water added so that no draining is necessary.

Vegetables may be served creamed or buttered. Combining two vegetables makes a pleasing variation.

Save left over vegetables for salads, soups or croquettes.

ASPARAGUS

Break off lower parts of stalks as far down a they will snap, untie bunches, wash, remove scales, and retie. Cook in boiling salted water in VIKO Aluminum Sauce Pan fifteen minutes or until soft, leaving tips out of water first ten minutes. Drain, remove string, and serve with desired sauce.

ASPARAGUS WITH BACON SAUCE

4 slices breakfast bacon
½ small onion, diced fine
2 tablespoons vinegar
½ teaspoon salt
½ teaspoon paprika
1 can asparagus

Shred the bacon with scissors. Fry until crisp in VIKO Aluminum Skillet. Drain the liquid from the asparagus onto the bacon and evaporate to one-half. Add onion, vinegar, salt, and paprika. Mix well. Add asparagus carefully. Cover skillet just long enough to heat the asparagus through. Serve very hot.

ASPARAGUS WITH HOLLANDAISE SAUCE

Break off lower parts of stalks as far down as they will snap, untie bunches, wash, remove scales. Cook in boiling salted water in VIKO Aluminum Sauce Pan fifteen minutes or until soft, leaving tips out of water first ten minutes. Drain, remove string, and serve with Hollandaise Sauce.

BROCCOLI—(Buttered)

Remove tough stems and cook in VIKO Aluminum Sauce Pan in plenty of boiling salted water until tender. Season with butter, salt and pepper.
(Brussels Sprouts are cooked as above.)

ASPARAGUS LOAF

Line a buttered VIKO Aluminum Mold with well drained asparagus tips. In a VIKO Sauce Pan, melt two tablespoons butter, add two tablespoons flour. When well blended, add 1 cup asparagus water drained from the asparagus, and ¼ teaspoon pepper and 1 teaspoon salt. Pour over four well beaten egg yolks, and 1½ cups cooked asparagus cut in ½ inch pieces. Turn into mold, set in a pan of hot water, and bake in a moderate oven. Unmold on a platter, and surround with Cream Sauce. (1 tablespoon flour, 1 tablespoon butter, 1 cup cream, seasoning).

ASPARAGUS-AT-SEA

Sprig of parsley
1 tablespoon sugar
½ teaspoon salt
1 tablespoon finely chopped carrot
1 tablespoon finely chopped celery
2½ cups white stock
1¼ tablespoons gelatin soaked in ¼ cup cold water
1 clove
2 tablespoons lemon juice

Cook vegetables and clove in stock for fifteen minutes. Strain and add gelatin which is dissolved and mixed with remaining ingredients. Pour into a VIKO Aluminum Biscuit Pan or mold (well greased), chill—when it starts to set, lay bunches of asparagus with strip of pimiento in jelly. Cut into squares and serve with mayonnaise.

GREEN BEANS WITH BACON

2 cans green beans
4 slices bacon, shredded
2 diced onions
½ teaspoon salt
Pepper

Fry the bacon until crisp in the VIKO Aluminum Sauce Pan. Drain the liquid from the beans into the pan. Add the onions, cover, and cook 10 minutes. Add beans, cover, and cook 10 minutes more. Serve at once.

GREEN BEANS AND BACON

2 to 3 lbs. green beans (cut for cooking)
¼ lb. sliced heavy bacon
1 teaspoon salt
1½ cups boiling water

Place the above ingredients in the VIKO Aluminum Sauce Pan. Cover and place over a medium high heat 5 to 10 minutes until the contents are steaming hot. Turn the heat low, and continue cooking 1 to 2 hours.

BAKED NAVY BEANS

1 lb. navy beans
½ lb. heavy bacon, cubed
3 cups boiling water
1 cup chili sauce or catsup
1 onion, diced
1 tablespoon salt
Pepper
2 teaspoons paprika
2 tablespoons molasses

Wash the beans thoroughly in cold water. Soak over night in the VIKO Aluminum Dutch Oven in a liberal amount of fresh cold water. The next morning bring the beans to the boiling point, then reduce heat, and simmer until the skins blow off when tested. Drain the beans and add the above ingredients. Cover the Dutch Oven, and bring to the boiling point over a medium high heat, then reduce the heat, and continue cooking slowly for 4 to 5 hours. Serve very hot.

CHILEAN LENTILS

1 lb. lentils
5 large onions
8 slices bacon, shredded
1 tablespoon salt
Pepper
1 tablespoon sugar
2 cups boiling water

Wash the lentils in cold water. Place in VIKO Aluminum Dutch Oven, and cover with a liberal amount of cold water. Soak over night. Drain. Add the above ingredients. Cover, and cook over low heat about 30 minutes. Serve very hot.

CREAMED LIMA BEANS

1 lb. Lima beans
1½ teaspoons salt
8 tablespoons butter
4 tablespoons flour
2 cups liquid

Wash Lima beans. Place in the VIKO Aluminum Dutch Oven. Cover liberally with cold water, and let soak over night. Drain. Cover with boiling water. Cover the Dutch Oven, place over low heat, and simmer until the beans are tender. Melt the butter in a VIKO Aluminum Sauce Pan, blend in the flour and salt, add the liquid drained from the beans, and enough added liquid to make 2 cups. Stir until thickened. Pour over the beans and heat together for a few minutes. Serve very hot.

DEVILED LIMA BEANS

2 tablespoons butter
1 teaspoon salt
1 teaspoon prepared mustard
Paprika
7 crackers, rolled fine
1½ cups milk
1 egg
2 teaspoons Worcestershire Sauce
1 cup canned Lima beans

Heat butter in VIKO Aluminum Covered Pan. Add mixed salt, mustard, paprika, rolled crackers, and milk. Cook gently for 3 mniutes. Add beaten egg, Worcestershire sauce and lima beans. Continue cooking for 3 to 5 minutes. Serves 6.

BAKED LIMA BEANS

10 thin slices bacon
½ lb. spaghetti
2 large white onions
1 lb. chopped beef
1 green pepper
2 cups cooked Lima beans
1 quart tomatoes
Salt and pepper

Cook spaghetti in VIKO Aluminum Sauce Pan in salted water until tender. Drain and run cold water through it. Cut bacon in small pieces and fry until crisp in VIKO Vapor-Seal Dutch Oven. Slice onions and cook in the bacon fat. When well-browned, add beef and cook thoroughly. Cut the green pepper in medium sized pieces, add with remaining ingredients, and bake in moderate oven, 325° F., for 1 hour.

LIMA BEANS WITH CHEESE SAUCE

1 tablespoon butter
1 tablespoon flour
¼ teaspoon salt
1½ cups milk
¾ cup cheese, cut fine
¼ teaspoon Worcestershire Sauce
3 cups cooked Lima beans
Paprika

Melt the butter over boiling water in VIKO Aluminum Double Boiler. Stir in flour and salt. Add milk. Cook until slightly thickened, stirring constantly. Add the cheese, a little at a time, and cook until cheese is melted. Add mustard, Worcestershire Sauce and beans and continue cooking until beans are thoroughly heated. Pour into hot serving dish and sprinkle with paprika.

CONCORDIA BEETS

In a VIKO Aluminum Sauce Pan place two tablespoons of butter, one each of sugar and lemon juice, half a teaspoonful of salt, and a shake or two of pepper; let boil up and pour over a pint of tiny canned beets or larger ones latticed, which have been heated in some of the liquid from the can and drained.

HARVARD BEETS

6 beets
½ cup sugar
1½ teaspoons cornstarch
½ teaspoon salt
½ cup vinegar
½ cup water
2 tablespoons butter

Wash the beets and cook in boiling water in VIKO Aluminum Sauce Pan until soft. Remove the skins, and cut into small cubes or any desired shapes. Mix the sugar, cornstarch, and salt. Add the vinegar and water and let boil five minutes. Add beets, and let stand in warm place for ½ hour. Just before serving, add the butter.

COLE SLAW

3 cups cut cabbage
1 teaspoon salt
½ teaspoon mustard
Dash cayenne
1 tablespoon sugar
1 egg
½ cup hot milk
2 teaspoons butter
¼ cup hot vinegar

Shred cabbage. Mix salt, mustard, cayenne and sugar and unbeaten egg in a VIKO Aluminum Double Boiler, add hot milk, then butter. Cook until the mixture thickens. Remove from fire and gradually beat in the hot vinegar. Strain and pour over cabbage. Serve cold. Serves six.

CREAMED CABBAGE

1 small head cabbage
Boiling water
1 teaspoon salt
1 cup white sauce

Cut the cabbage in eight pieces, trimming off the limp outside leaves. Cook in boiling salted water in VIKO Aluminum Sauce Pan ½ hour or until tender. Drain off the water and serve with white sauce.

DUTCH CABBAGE

2 lbs. red cabbage
2 lbs. red apples
¾ cup water
¼ cup butter
1 teaspoon salt
¼ teaspoon white pepper
2 tablespoons red currant jelly
¼ cup vinegar

Shred the cabbage and mix with the apples that have been cored but not pared, and cut first in quarters, then across into thin slices. Cook with the water in the VIKO Aluminum Vapor-Seal Dutch Oven over low heat until the cabbage is quite tender. Then add the butter, salt, pepper and the jelly dissolved in the vinegar. Serve hot.

CABBAGE AND SAUSAGES

1 large cabbage
1½ tablespoons butter
1 small onion, minced
Salt
Pepper
Sausages

Trim, wash, and chop the cabbage. Cook until tender in salted water in VIKO Aluminum Pan. Drain and press out as much moisture as possible. Heat the butter in VIKO Aluminum Skillet. Fry the onion lightly, then put in cabbage, season with salt and pepper, and fry without browning until the butter is absorbed. Pile in the center of a hot dish and arrange fried sausages around the mound of cabbage.

PEPPERKRAUT

2 cups water
1 cup rice
1 can sauerkraut
2 green peppers
1 onion, diced
2 tablespoons butter, melted
1½ teaspoons salt

Mix the above ingredients thoroughly in the VIKO Aluminum Cooker. Bring to the boiling point over direct heat without the base. When all is boiling, place the cover on the cooker, place the cooker on the base, and turn the heat low. Cook for 1 hour. Chocolate pudding can be prepared in the upper inset pan of the cooker while Pepperkraut is cooking in the cooker proper.

SCALLOPED CABBAGE

1 head cabbage
1 No. 2 can tomatoes
¼ cup melted butter
1½ cups bread crumbs
1 green pepper (or pimiento if desired)

Shred cabbage. Then dip it in hot water to get rawness out.
Remove handle from VIKO Aluminum Skillet, put in a layer of cabbage, cover with buttered crumbs, then a layer of tomatoes etc. If green pepper is used, chop fine and add to buttered bread crumbs. Bake in a moderate oven, 350° F., until tender.

SAUER KRAUT AND SPARE RIBS

2 lbs. spare ribs
1 No. 3 can sauer kraut

Sear spare ribs until slightly brown in VIKO Aluminum Cooker without base over high heat. Salt meat and cover with sauer kraut. Cover, set on base, and turn heat low. Continue cooking 1½ hours.

BELGIAN CARROTS

½ medium size onion
3 tablespoons butter
Carrots
1 teaspoon sugar
Salt and pepper

Grate the onion, and fry in the butter in VIKO Aluminum Sauce Pan until it begins to brown. Add the carrots that have been scraped and cut in thin slices lengthwise, and then add the seasonings. Cook over very low heat. Sprinkle with minced parsley when served.
Old carrots cooked this way taste like new ones.

CREAMED CARROTS AND GREEN PEPPERS

Wash carrots and peppers. Cut carrots in quarters lengthwise. Cut green peppers in narrow strips. Cook slowly in salted water in VIKO Aluminum Pan until done. Cover with a medium white sauce. Garnish with chopped parsley.

CARROT TIMBALES

2 eggs
2 tablespoons fat
1 teaspoon salt
⅛ teaspoon pepper
½ cup milk
1½ cups grated carrot
⅓ cup bread crumbs
A few drops of onion juice

Beat eggs, add melted fat, seasonings, and liquid. Combine with other ingredients, turn into greased VIKO Aluminum Custard Cups, set in pan of hot water, and bake until firm. This fills 4 molds.

CANDIED CARROTS

12 medium size young carrots. Parboil in boiling water in VIKO Aluminum Sauce Pan for 5 minutes. Drain and arrange in buttered VIKO Biscuit or Cake Pan. Sprinkle with:

- ½ cup brown sugar
- ¼ cup melted butter
- ⅓ cup boiling water

Cover and bake in moderate oven (350° F.) for 45 minutes or until carrots are tender.

BAKED CAULIFLOWER

- 1 medium cauliflower
- 1 teaspoon salt
- 1¾ cups thin white sauce
- ¼ cup grated cheese

Remove leaves and cut stalk from cauliflower. Soak 15 minutes in cold water to which salt has been added. Cook whole, stem up, in boiling salt water in VIKO Sauce Pan for 7 minutes. Put cauliflower in oiled VIKO Pudding Pan. Add white sauce. Cover top with grated cheese and bake in a moderate oven (325° F.) until cheese is melted.

CREAMED CAULIFLOWER AND CARROTS

- 1 head cauliflower
- 2 tablespoons butter
- 1½ tablespoons flour
- 1 cup milk
- Salt
- Pepper

Make cream sauce of butter, flour, and milk in VIKO Aluminum Sauce Pan. Add cauliflower to hot sauce and continue cooking for a few minutes until heat penetrates cauliflower. Place in cooker, cover, set on base over simmer burner. Cook 45 minutes .

Carrots were sliced in bottom of cooker, heated in 1 tablespoon butter, and salt and pepper were added.

CAULIFLOWER DUCHESS

Place the cleaned cauliflower head down in a VIKO Aluminum Sauce Pan of cold salt water. Allow this to stand ½ hour. This draws out and kills any insects that may be hidden in the flowers.

Drain the cauliflower. Place in VIKO Aluminum Sauce Pan and add hot water to cover. Cover the pan, set over medium heat. When steam begins to escape from the pan, reduce the heat, and continue to cook until tender—20 to 30 minutes. Remove the cauuliflower and add the following to the remaining liquid:

- 2 tablespoons butter
- 3 tablespoons vinegar
- ½ teaspoon salt
- 2 tablespoons chopped green peppers
- 2 tablespoons chopped pimiento

Heat and pour over the cauliflower. Serve at once.

BAKED CAULIFLOWER WITH TOMATO SAUCE

- 1 head cauliflower
- 1½ cups boiled macaroni
- 1½ cups strained tomatoes
- ½ cup American cream cheese
- Salt and pepper
- Buttered cracker crumbs

Wash the cauliflower, and soak 30 minutes in salt water. Break into sprigs, and cook about 20 minutes with ¾ cup boiling water in VIKO Aluminum Covered Pan. In the VIKO Pudding Pan place alternate layers of macaroni and cauliflower. Add the grated cheese to the tomato sauce, stir over heat until smooth. Season with salt and pepper to taste, and pour over the contents of the dish. Cover with buttered cracker crumbs, and bake in a moderate oven, 350° F., for about 30 minutes. Serve hot.

GILT EDGE CAULIFLOWER

1 head cauliflower
1 bunch carrots, diced
1 cup white sauce

Soak the cauliflower, head down, in cold salted water for about ½ hour. Drain and boil in VIKO Aluminum Sauce Pan in salted water until tender. Remove to serving dish. Arrange a border of the creamed cooked carrots around the cauliflower. Pour just a little of the white sauce on the cauliflower. Serve at once.

HOLIDAY CAULIFLOWER

1 head cauliflower
4 oz. soft American cheese
1 large or 2 small carrots
2 tomatoes
Parsley
Paprika
¼ cup milk

Wash and soak cauliflower in salt water for ½ hour. Cook in a VIKO Aluminum Sauce Pan in boiling water until tender but not falling apart (about 15 minutes). Drain and put in a large vegetable dish or on a platter. Spread grated raw carrot over top; then a sauce made by putting the cheese in the top of a VIKO Aluminum Double Boiler and adding ¼ cup milk, stirring until a smooth creamy consistency. Sprinkle paprika and chopped parsley over this, and put slices of tomato around platter. Serves 6.

CAULIFLOWER A LA POLONAISE

1 head cauliflower
½ lemon (juice)
3 tablespoons bread crumbs
3 tablespoons butter
2 hard cooked egg yolks
Parsley
Boiling water

Clean cauliflower and cut leaves from it. Soak 30 minutes, head down in salt water. Cook in VIKO Aluminum Sauce Pan, with enough boiling water to cover, until tender. Remove, drain, and put on serving dish. Squeeze juice of ½ lemon over it, then sprinkle with bread crumbs browned in butter, then sift on the hard cooked egg yolks with chopped parsley added. Serves 4 to 6.

CELERY AND PEPPERS

1 cup cut peppers
½ cup cut celery
(Keep cuts same size and shape)

Boil celery in VIKO Aluminum Sauce Pan and sauté the peppers in butter in VIKO Aluminum Skillet; combine the two with white sauce. Serve on toast or biscuits.

ITALIAN CELERY

1 large bunch celery
1 tablespoon butter or substitute
1 tablespoon minced ham
Salt, pepper
1 cup stock
1 egg yolk
1 tablespoon grated cheese
½ teaspoon flour

Cut the celery in inch pieces; parboil it in VIKO Aluminum Sauce Pan, then simmer with butter and minced ham, salt, pepper and stock. When the celery is tender, add the egg yolk mixed with grated cheese and flour to the sauce. Bring to the boiling point. Arrange on toast, in shallow VIKO Pan. Set in a hot oven to brown.

SCALLOPED CORN

1⅓ cups cracker crumbs
2 green peppers, ground
1⅓ cups onion
2 cans corn
2 teaspoons salt
Pinch of pepper
1 cup milk

Mix all the ingredients thoroughly and pour into well buttered VIKO Aluminum Pudding Pan. Bake at 325° F. for 1½ to 2 hours. Buttered crumbs may be added over the top if desired.

SAUTÉED CORN AND GREEN PEPPER

1 green pepper
1 can corn
4 slices bacon

Remove seeds from green pepper and wash; then cut into strips. Dice 4 slices bacon, put into VIKO Aluminum Skillet, when nearly crisp add corn and green pepper. Sauté carefully with frequent tossing. Serve on triangles of toast.

CORN PIE

12 ears of ripe corn
½ teaspoon salt
2 tablespoons sugar
1 cup milk
2 tablespoons lard
5 eggs, beaten separately
1 lb. pork loin, pigeons, or kidneys

Grate the corn and add the salt, sugar, and milk. Melt the lard in the VIKO Aluminum Skillet, then add the corn mixture. Cook until thickened, stirring constantly. Cook the meat filling as desired. Beat the egg separately, then carefully combine the yolks and whites. Place a layer of cracker crumbs in the bottom of the well oiled Aluminum Pudding Pan, then the following layers—eggs, corn, meat, corn, eggs, and crumbs. Place in a moderate oven, 350° F., and bake until firm, about 30 minutes.

SOUTHERN CORN CUSTARD

2 eggs
1 teaspoon salt
2 tablespoons sugar
⅛ teaspoon pepper
2 tablespoons melted butter
2 cups scalded milk
1 (No. 2) can cornlet

Beat the eggs slightly. Add the other ingredients, and beat until thoroughly mixed. Pour into well buttered VIKO Aluminum Custard Cups. Place in a pan of boiling water, and bake in a moderate oven, 325° F., until firm. Serve very hot. This recipe fills 8 cups.

CHILI SUCCOTASH

1 large diced potato
1 large slice Bermuda onion
1 can tomato soup
1 No. 2 can corn
½ No. 2 can Lima beans
¾ teaspoon chili powder
1 tablespoon pimiento, chopped fine
Salt
Pepper
Mustard
Cayenne

Sauté the potatoes and onions in hot fat in the VIKO Aluminum Skillet. Simmer the tomato soup, corn, and Lima beans together. When the potatoes and onions are brown, combine with the other vegetables, and season to taste with the above ingredients. Serve on buttered toast points; garnish with parsley.

SUCCOTASH

½ lb. dried Lima beans
1 can sweet corn
½ lb. bacon
Salt and pepper

Soak Lima beans in cold water over night. Place in VIKO Aluminum Sauce Pan with bacon and water to cover. Cover pan, and allow to cook 1 hour. Add corn, salt, and pepper. Cook uncovered to evaporate liquid. Serve hot with corn bread.

CREAMED MUSHROOMS AND EGGS

2 tablespoons butter
4 tablespoons flour
½ teaspoon salt
2 cups milk
¼ teaspoon paprika
⅛ teaspoon pepper
3 hard cooked eggs
1 cup mushrooms

Melt butter in VIKO Aluminum Double Boiler. Add flour, salt, pepper and paprika and stir until smooth. Add milk and cook 10 minutes until thick and smooth, stirring constantly. Add mushrooms and eggs, cut in slices.

ONION — RED CAPS

6 large onions
6 slices tomatoes
1 tablespoon chopped green pepper
¼ teaspoon soda
1 tablespoon butter, melted
4 tablespoons soft bread crumbs
Salt
Pepper

Boil onions in VIKO Aluminum Dutch Oven in water with ¼ teaspoon soda until tender. Drain. Place a slice of tomato on top of each (if it slides hold in place with toothpick), sprinkle with salt, pepper and chopped green pepper. Cover and cook for 10 minutes on top of stove (or put in oven, 350° F.). Sprinkle with buttered crumbs and put under broiler for 1 minute to brown. Serves 6.

ONIONS — SPANISH STYLE

1 lb. small white onions
Salt
Pepper
Butter
1 can tomato soup
Parsley

Peel the onions. Place in VIKO Aluminum Sauce Pan, and cover with cold water. Bring to the boiling point and let boil five minutes. Remove from water, and place them in Aluminum Pudding Pan. Season with salt, pepper, and butter. Pour over all a can of tomato soup. Cover and bake in a moderate oven, 350° F., for 30 minutes, or until onions are tender. Sprinkle with finely minced parsley just before sending to the table.

PARSNIPS WITH EGG SAUCE

4 to 5 parsnips
¾ cup boiling water
2 tablespoons flour
2 tablespoons butter
1 cup milk or chicken stock
¼ teaspoon salt
⅛ teaspoon white pepper
2 hard-cooked eggs
Pickled cucumber

Peel the parsnips thin, quarter, and cut into thin slices, and place in VIKO Aluminum Covered Pan with ¾ cup boiling water. Cover, cook until tender. Prepare a white sauce of the flour, butter, milk, and seasoning. To this add the chopped egg whites. Turn the drained parsnips into the mixture, and toss lightly until mixed. Cut the egg yolks in quarters. Mix with the parsnips, being careful the yolks do not dissolve. Serve in hot vegetable dish. Garnish with strips of pickled cucumbers.

FRENCH FRIED ONIONS

Peel onions, cut in one-fourth inch slices, and separate into rings. Dip in milk, drain, and dip in flour. Fry in deep fat in VIKO Aluminum French Fryer, drain on brown paper, and sprinkle with salt.

CANDIED PARSNIPS

4 to 6 parsnips
¾ cup boiling water
½ cup brown sugar
¼ cup water
4 tablespoons butter

Wash and thinly peel the parsnips. Cut into thick slices. Place in VIKO Aluminum Covered Pan. Add boiling water, cover, and cook over low heat until the parsnips are tender, about 40 minutes.
Make a syrup of sugar, water, and butter. Remove the parsnips to a deep Aluminum Pie Plate. Pour syrup over them and bake in a moderate oven, 325° F., about 30 minutes. Serve very hot.

FRENCH PEAS

2 cups cooked green peas
4 slices bacon
1 small onion, chopped
1 cup milk
1 tablespoon butter
1 teaspoon salt
⅛ teaspoon pepper

Dice the bacon, and brown with onion in a VIKO Aluminum Skillet, stirring constantly. Add the peas, milk, salt, pepper, and butter, and simmer for five minutes. Serve alone or on toast.

PEAS A LA MADAME

1 head lettuce
1 No. 2 can peas
1 small onion
¼ cup juice or water
½ teaspoon salt
Pepper
½ teaspoon sugar
2 tablespoons butter

Wash and cut a small head of lettuce in quarters. Put in a VIKO Aluminum Sauce Pan. Chop onion, add peas, salt, pepper, sugar and butter and juice. Cook over low heat for 45 minutes. 2 tablespoons cream may be added before serving. Sprinkle a dash of paprika over top before serving.

NEW PEAS AND POTATOES

2 to 3 lbs. new peas, shelled
Potatoes, pared and cut in halves
1 teaspoon salt
1½ cups boiling water

Place the above ingredients in the VIKO Aluminum Cooker. Cover, and place over medium heat 5 to 10 minutes until the contents of the cooker are hot, then reduce the heat. Cook 45 minutes to 1 hour. Add butter and serve at once.

SMOTHERED PEAS

Mince a small onion and let it cook slowly in two tablespoons of butter in the top of a VIKO Aluminum Double Boiler; it should not color. Then add about half a head of lettuce, washed and drained well, and two cups of canned peas, drained; also add half a teaspoon each of salt and sugar. Let cook in the double boiler, without stirring, for at least an hour, add another teaspoon of butter and serve very hot.

PEAS IN POTATO NESTS

Beat mashed potatoes until creamy. Form in nests, using VIKO Aluminum Cooky Former. Fill nests with buttered peas, set under broiler to brown potatoes.

SPLIT PEAS

3 tablespoons fat
1 large onion, diced
1 lb. ground beef
½ cup washed rice
1 cup split peas
1½ teaspoons salt
Pepper
2 cups boiling water

Wash 1 cup split peas. Soak over night in a liberal amount of cold water. Heat the fat in VIKO Aluminum Dutch Oven and brown the onions in this, then add the beef. Combine the other ingredients. Cover the Dutch Oven and place over low heat. Cook 30 minutes. Garnish with strips of pimiento or dash of paprika. Serve very hot.

STUFFED PEPPERS

4 green peppers
½ cup cooked macaroni
¾ cup grated American cheese
½ cup cooked tomatoes
½ cup bread crumbs
½ teaspoon Worcestershire sauce
Salt, pepper, paprika
½ can tomato soup

Remove tops and seeds from peppers, and boil 5 minutes in salted water in VIKO Aluminum Sauce Pan. Mix macaroni, ½ cup of cheese, tomatoes, crumbs, Worcestershire sauce, and seasonings to taste. Drain the peppers and stuff with macaroni mixture. Stand upright in VIKO Aluminum Pan, sprinkle remainder of cheese on top and pour around them the tomato soup slightly diluted with water. Bake in a moderate oven, 350° F., 30 to 40 minutes.

STUFFED PEPPERS

½ lb. ground smoked ham
¼ small onion (diced)
½ cup tomatoes
½ cup uncooked rice
3 green peppers
1 cup tomato juice
Salt and pepper

Mix ham, rice, tomatoes, onions; salt and pepper to taste. Cut out stem of green peppers, remove seeds and fibers. Stuff with ham mixture. Place in VIKO Aluminum Dutch Oven; pour tomato juice over all. Cook 30 to 40 minutes.

POTATO NESTS

Add 1 beaten egg to left over mashed seasoned potato. Force through a pastry tube into nest shapes on baking sheets. Drop a whole egg (unbeaten) into nest and bake slowly in moderate oven.

TOP OF STOVE BAKED POTATOES

3 to 4 Idaho potatoes
Salt
Butter
Paprika
Parsley

Scrub the potatoes, and place them in the VIKO Aluminum Dutch Oven over low heat. Allow them to bake for 30 to 60 minutes until done. Soften, cut a gash in the top of each potato and after adding the seasoning, place a square of butter and a sprig of parsley on each.

POTATO CHEESE BALLS

2 cups mashed potatoes
½ cup grated cheese
Salt to taste
½ cup bread crumbs
1 egg
1 tablespoon cold water

Add the cheese and salt to the potatoes. Mix well and make into round balls. Roll balls in grated bread crumbs, then in egg beaten with the cold water, and brown on VIKO Aluminum Cooky Sheet in a hot oven. (400° F.)

BAKED POTATO STUFFED WITH CHEESE AND PIMIENTO

Select three large smooth baking potatoes of uniform size, and wash them well. Put the potatoes in a very hot oven and bake them until they are about half done; then remove and cut in halves lengthwise. Hollow out the potatoes a little in the center, making the cavaties long and shallow rather than deep. Sprinkle the cavaties with salt and pepper and fill with a cheese mixture made by mixing half a cup of grated American cheese with one finely chopped pimiento. Dot sparingly with butter, return to the oven and bake until the potatoes are tender.

POTATO DUMPLINGS

15 potatoes (large, raw, grated)
3 slices bread (diced and browned)
Salt
Pepper
Grated nutmeg, to taste
8 slices bacon (diced small)
2 eggs
1 onion (small, cut fine)

Fry bacon in VIKO Aluminum Skillet. Brown the bread dice in butter and mix all ingredients, including the bacon grease. Form into balls, about twelve. If not stiff enough to stick together, add a little flour. Have ready a deep pan of boiling water (salted with two tablespoons salt). Put in dumplings and boil one hour. Keep pan covered.

FAT RASCALS

5 potatoes (small, grated)
2 eggs (beaten slightly)
5 tablespoons cheese (grated)
5 teaspoons flour
¼ cup milk

Mix all together and beat until light. Drop from a tablespoon into hot fat in VIKO Aluminum French Fryer and fry until they are light brown.

POTATO CHIPS

Wash, peel, and slice (very thin) potatoes; dry in linen towel; place in wire basket, and lower into VIKO Aluminum French Fryer of deep fat—375° F. Fry until brown and crisp, remove basket and contents, and allow to drain for a few minutes over the deep fat. Empty on tray covered with paper. Salt to taste. Continue until desired amount is prepared. Store in jar and tie a piece of muslin or cheese cloth over it. The muslin covering can be conveniently secured by means of a rubber band. French fried potatoes stored in this way will keep several days.

POTATOES AU GRATIN

6 medium sized potatoes
2 cups white sauce
1 cup grated cheese
¼ cup buttered crumbs

Pare potatoes, cut into ½ inch cubes, and cook in boiling water in VIKO Aluminum Sauce Pan until tender. Place a layer of potatoes in oiled Aluminum Baking Pan, cover with white sauce, and sprinkle cheese and crumbs on top. Bake at 350° F. for 20 minutes.

GRILLED POTATOES

Slice pared potatoes lengthwise in one-half inch slices. Place in the VIKO Aluminum Biscuit Pan with 1 tablespoon fat and broil 25 minutes. Sprinkle with salt.

ITALIAN POTATO

Slice raw potato and cook in VIKO Aluminum Sauce Pan in boiling water for 10 minutes. Drain and cook in the following sauce until tender.

Sauce:

1 tablespoon butter—melted
1 tablespoon minced onion cooked in the butter one or two minutes
1 tablespoon flour
1 teaspoon salt
1 teaspoon sugar
½ cup milk
3 tablespoons lemon juice

Add flour, salt, pepper, and sugar to the butter. Add milk slowly, cook until thickened. Add lemon juice and potato.

LUNCHEON POTATOES

5 large potatoes
3 tablespoons flour
Salt
Pepper
2 cups ground cooked ham
1 cup ground carrots
1 onion, diced
3 sprays parsley, minced
Milk to cover

In the well oiled VIKO Aluminum Pudding Pan place a layer of thinly sliced potatoes. Over this sprinkle some of the flour, salt, and pepper. Mix the ham, carrots, onions, and parsley, and place a layer of this mixture over the potatoes. Continue alternating the layers until the pan is filled; then add just enough milk to bring it to the surface of the last layer. Place uncovered in a moderate oven, 325° F., and bake about 1½ hours, or until the potatoes are thoroughly tender. Serve hot. This is a good way of using left over ham.

LYONNAISE POTATOES

Panfry in VIKO Skillet in two or three tablespoons fat, one medium sized onion, sliced thin. Add two cups sliced cooked potato, sprinkle with salt and pepper and cook slowly, covered, for ten or fifteen minutes. Pork fat is usually used and one-fourth to one-half cup vinegar added just before cooking is finished.

O'BRIEN POTATOES

Boil four or five potatoes in their jackets, cool and peel, then dice and fry in VIKO Aluminum French Fryer. Drain. Meantime fry a finely chopped onion in two tablespoons of melted butter and add two chopped green peppers and one canned pimiento and turn in the potatoes, stir well and serve sprinkled with finely chopped parsley.

POTATO AND ONION PUFF

6 to 8 potatoes
2 onions
1 cup ham
2 tablespoons butter
Salt and pepper
½ cup milk or stock
3 eggs

Mash the hot cooked potatoes. Add the finely chopped onions and ground ham which have been browned in the butter. Add seasoning. Add the beaten egg yolks and milk or stock, then fold in the stiffly beaten egg whites. Pile lightly into buttered VIKO Aluminum Pudding Pan, and bake in a moderate oven, 350° F., for about 1 hour.

SCALLOPED POTATOES

3 qts. sliced raw potatoes (about 15)
4 teaspoons salt
⅜ teaspoon pepper
6 tablespoons flour
½ cup butter
4 cups hot milk

Place a layer of potatoes in oiled VIKO Aluminum Pudding Pan. Sprinkle with salt, pepper, flour, and butter. Repeat until all ingredients are used. Pour on the hot milk. Bake covered at 350° F. for 2 hours, then uncover and brown at 400° F., for about ½ hour. Serves 12.

SCALLOPED POTATOES WITH EGGS

6 potatoes
6 eggs (hard-cooked)
½ onion
½ cup cheese
1 pimiento
Seasonings
2 cups medium white sauce

Slice the cooked potatoes and eggs. Into a VIKO Aluminum Sauce Pan put a thick layer of potatoes, then a layer of eggs, add seasonings and sprinkle with grated cheese. Lay on strips of pimiento, and pour over one-half of the white sauce. Repeat the layers and over the top sprinkle a few bread crumbs. Bake 30 minutes in a moderate oven (350° F.). The potatoes must be heated through.

SHOE STRING POTATOES

Peel the potatoes and cut into about ½ inch slices. Then cut the slices in about ½ inch strips. Soak these 1 hour in cold water. Drain the water from the potatoes. Cover with boiling water, and boil in VIKO Aluminum Sauce Pan three minutes. Drain. Dry with a linen towel. Place in the VIKO Aluminum French Fryer basket. Submerge in deep hot fat, 350° F., and cook to a golden brown. Drain for a short time, then turn the potatoes out on crumpled brown paper. Salt, and serve at once.

Boiling the potatoes a few minutes before frying renders a more mealy crisp, delicious shoe string potato.

STUFFED BAKED POTATO

Wash medium size potatoes. With an apple corer, remove the center section and stuff with fresh pork sausage. Place in cold VIKO Aluminum Dutch Oven over low heat. Cook 1 hour, or until potatoes are tender.

FRENCH FRIED SWEET POTATOES

Pare, and cut the potatoes into eighths. Boil 5 minutes; drain. Fry in deep fat (350° F.) in VIKO Aluminum French Fryer.

SWEET POTATO PUFF

12 sweet potatoes or
1 can of sweet potatoes
¼ cup maple syrup
¼ cup fat
½ teaspoon salt
Marshmallows or bananas, sliced

Cook potatoes until tender. Peel and mash them, add sugar syrup, fat and salt and mix well. Turn into greased VIKO Aluminum Baking Pan, dot top with marshmallows or sliced bananas, and place in moderate oven—350° F.—long enough for marshmallows to swell brown. Serve hot.

SCALLOPED SWEET POTATOES

6 medium sized sweet potatoes, cooked
6 slices pineapple, cut in halves
¾ cup pineapple juice
½ cup brown sugar
¼ cup butter

Slice potatoes, arrange alternating layers of potatoes and pineapple in VIKO Aluminum Pudding Pan. Heat pineapple juice, brown sugar, and butter together in sauce pan. Boil for 3 minutes. Pour over potatoes and pineapple, and bake in moderate oven, 350° F., for 30 minutes.

BREADED RUTABAGAS

Cut peeled rutabaga into slices about ⅜ inch thick. Dip these into egg, beaten and combined with 2 tablespoons milk, then in cracker crumbs, seasoned with salt and pepper. Fry in VIKO Aluminum Skillet, in about 4 tablespoons fat (butter gives a good flavor) until a golden brown. Cover, turn heat very low, and continue to cook until tender, 15 to 20 minutes. Serves 6.

SPANISH SOUFFLE

3 lbs. spinach
2 tablespoons flour
½ teaspoon salt
1 tablespoon butter
1 cup milk
2 eggs (well beaten)

Wash spinach carefully and boil until tender in VIKO Aluminum Sauce Pan. Cut up fine; melt the butter, add flour and mix to a smooth paste, add salt, milk and bring to boiling point, stirring constantly. Add eggs, season to taste. Bake in VIKO Aluminum Ring Mold in hot oven 20 minutes. Remove from oven and turn on platter. Fill center with:

½ lb. mushrooms
¼ teaspoon salt
1 tablespoon flour
3 tablespoons butter
⅓ cup thin cream
Pepper

Melt butter, add flour—seasoning, then cream and mushrooms. Cook 5 minutes.

SPINACH EGG BASKETS

4 slices breakfast bacon
1 No. 2 can spinach
5 eggs
Salt and pepper

Shred the bacon with the scissors, and cook until crisp in VIKO Aluminum Skillet. Add the liquid drained from a can of spinach, and evaporate until only 2 to 3 tablespoons of liquid remain. Add the spinach. Divide into small mounds. With the spoon make a hole in the center of each mound large enough to hold 1 egg. In each hole drop an egg. Sprinkle with salt and pepper. Cover, turn the heat low, and cook until the egg is coagulated. Serve very hot.

SQUASH WITH BACON

Squash
Bacon
Flour
Water

Wash the squash, cut in halves, remove the seeds and inner fibers, cut off the rind, and cut into pieces for individual servings. Fry the bacon until crisp in the VIKO Aluminum Dutch Oven, allowing one slice to each piece of squash. When the bacon is slightly crisp but not too brown, slip a section of squash under each piece. Cover and allow to cook 45 minutes over a very low heat. Remove each serving carefully to a warm platter. If a large amount of fat remains, pour some of it off. To the remaining fat add 1 tablespoon flour, blend well, add ½ cup water, stirring constantly until thickened. Pour over the bacon and squash, and serve at once.

BROILED TOMATO WITH MAYONNAISE SOUFFLE

1 cup Magic Mayonnaise
1 egg white, stiffly beaten
8 slices tomato
8 circles bread
8 slices bacon

Cut bread circles a little larger than tomatoes—toast on both sides. Broil bacon 10 minutes over low heat. Beat egg white, fold in mayonnaise, salt tomato slices and put on toast. Put in broiler under low heat until softened. Pile mayonnaise mixture on generously, put under flame for one minute or until delicately browned. Serve with hot strips of broiled bacon on top.

TOMATO RICE CUPS

6 large tomatoes
5 tablespoons rice (cooked)
1 cup tomato juice
½ garlic bean
2 tablespoons chopped parsley
1 teaspoon salt
¼ teaspooon pepper

Wash tomatoes, cut tops off to make a cover, scoop out some of the inside. Fill with rice which has been soaked in tomato juice, parsley, garlic and seasoned with salt and pepper and put cover on (you may use a toothpick to hold covers in place). Put in VIKO Aluminum Skillet with just enough water to cover the bottom. Cook ¾ hour.

VEGETABLE SHEPARD'S PIE NEW ENGLAND STYLE

2 cups mashed potatoes
1 No. 2 can red kidney beans
1 tablespoon mustard (off of mustard pickles)
1 tablespoon minced onion
½ cup grated American cheese
Paprika

Butter sides and bottom of a VIKO Aluminum Ring Mold, line with mashed potatoes, put in beans and onions, spread mustard over beans. Dot with butter. Cover top with mashed potatoes. Sprinkle grated cheese and paprika over potatoes. Put in a moderate oven, 375° F., for 15 minutes. Serves 6.

VEGETARIAN PIE

Mashed potatoes
2 tablespoons butter or substitute
3 tablespoons flour
1½ cups milk
Salt
Pepper
2 eggs, separated
1 cup bread crumbs
3 tablespoons parsley, chopped
1 cup grated cheese
2 hard cooked eggs, diced

Line the well oiled VIKO Aluminum Pan with well seasoned mashed potatoes. Melt the butter, add flour, and blend. Add the milk, and cook until thickened, stirring constantly. Season with salt and pepper, add beaten egg yolks, crumbs, parsley, cheese, and chopped hard cooked eggs. Then fold in stiffly beaten egg whites. Pour into pan. Bake in a moderate oven, 350° to 375° F., until brown.

PARSLEY TURNIP BALLS

2 cups yellow turnip balls
¼ cup butter
2 teaspoons lemon juice
3 drops onion juice
Finely minced parsley

Cook the turnip balls in a VIKO Aluminum Sauce Pan. Drain and heat in the butter to which the onion and lemon juices have been added. Just before serving add the parsley and roll the balls in it until well covered.

STANDARD RECIPE FOR WHITE SAUCE

Thin

1 tablespoon flour
1 tablespoon fat
1 cup milk
¼ teaspoon salt
⅛ teaspoon pepper

Medium

2 tablespoons flour
2 tablespoons fat
1 cup milk
¼ teaspoon salt
⅛ teaspoon pepper

Thick

3-4 tablespoons flour
3-4 tablespoons fat
1 cup milk
½ teaspoon salt
⅛ teaspoon pepper

Melt fat in VIKO Aluminum Double Boiler. Add flour and seasonings. Mix to a smooth paste; add liquid gradually, stirring to keep a smooth consistency. Cook until sauce thickens.

Variations:—1. Substitute cream for milk.
2. Use ½ cream and ½ milk.
3. Use ½ milk or cream and ½ meat or fish or vegetable stock.

ADDITIONAL RECIPES

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MEATS AND SAUCES

A juicy, tender piece of meat is the pride of all cooks; for the success and enjoyment of the meal depends primarily upon the meat dish.

Meat supplies iron and other minerals as well as the protein for keeping the muscles and tissues in condition. Inexpensive cuts of meat may be cooked delicious, and tender in a Vapor-Seal Dutch Oven by searing the meat well—sealing in the juices—then cooking slowly until tender. Slow cooking softens the tissues.

Always remove the meat from wrapping paper as soon as delivered. Put on a clean plate, cover with wax paper and put in a cool place. When ready to prepare meat, wipe with a damp cloth. Avoid piercing meat with a fork, since this causes a loss of juice and flavor.

PORK

HAM RING

½ lb. (1 cup) smoked ham, ground
1 lb. (2 cups) fresh ham, ground
1 egg, beaten
1 cup cracker crumbs
½ cup tomato catsup

Mix the above ingredients thoroughly. Pack firmly into a well buttered VIKO Aluminum Ring Mold. Bake in hot oven, 400° F., for 50 minutes. Remove from the mold, garnish the edge with parsley and new potatoes, or French fried potatoes. The center can be filled with buttered beets or carrots.
This may be steamed by placing the Ring Mold in a VIKO Dutch Oven containing 2 cups of hot water placed over low heat for 45 minutes.

HAM BAKED IN MILK

2 pound slice of ham—one inch thick
1 tablespoon mustard (prepared)
1½ cups brown sugar
Milk

Spread the slice of ham with prepared mustard, place it in a VIKO Aluminum Baking Pan, sprinkle it with sugar, and cover it with milk. Bake it in a moderate oven (350 degrees F.) until the ham is tender. Serve it with string beans, spinach or green peas.

HAM IN MILK

Wipe a slice of ham, cut two inches thick and remove the outside edge of fat. Put in VIKO Aluminum Dutch Oven; pile on top of ham one and one-half cups potatoes pared and thinly sliced. Pour over two cups milk, cover, and cook slowly from one to two hours.

BAKED HAM AND CIDER

5 lbs. smoked ham
½ lb. brown sugar
½ pt. sweet cider
2 dozen cloves

Soak the ham over night in cold water in VIKO Aluminum Cooker. The next morning drain off water. Rub the fat surface with brown sugar, score, and in each section stick a clove. Add 2 cups water. Cover and cook over medium heat until steam escapes then reduce to low heat. Every ½ hour baste with some of the cider. After the cider is all used, baste with the liquid from around the meat. Cook until tender. About 5 hours.

BARBECUE SAUCE AND HAM

2 tablespoons butter
3 tablespoons flour
1 tablespoon grated onion
⅛ tablespoon cayenne pepper
1 teaspoon dry mustard
1 teaspoon salt
¼ cup Worcestershire Sauce
¼ cup vinegar
2 cups boiling water or stock
1 tablespoon catsup

Melt butter, add flour, and brown in VIKO Aluminum Dutch Oven. Add boiling water, all seasonings, and cook thick as desired. Add ham and cook until tender.

HAWAIIAN HAM

1 lb. ground smoked ham
6 slices canned pineapple
1 cup mashed sweet potatoes
½ cup pineapple juice

Split the pineapple in two, making two thin slices. Make a round flat pattie of the ham to fit on the pineapple. Season the sweet potatoes with salt, pepper, and cloves. Make a pattie of sweet potatoes the size of the ham, and place both on top of the slice of pineapple. Fit the other slice of pineapple on top. Prepare the remaining pineapple, ham, and sweet potatoes in the same way. Place in VIKO Aluminum Baking Pan, pour ½ cup of pineapple juice over this, and bake at 350° F. for 45 minutes. Do not allow to cook dry; more juice may be added if necessary.

HAM MOUSSE

1½ tablespoons gelatin
6 tablespoons cold water
3 cups chopped cold boiled ham
¾ cup hot water
½ teaspoon mustard
Few grains cayenne
¾ cup whipping cream

Soak gelatin in cold water and dissolve in hot water; add to chopped ham. When this is cold, add mustard, cayenne, and cream, beaten until stiff. Turn into the square VIKO Aluminum Refrigerator Dish first dipped in cold water. Chill 6 hours if possible.

HAM AND NEW POTATOES IN MILK

1 round of smoked ham
Potatoes
Milk
Parsley

Place the ham in the bottom of the VIKO Aluminum Dutch Oven and surround with whole pared potatoes. Cover with sweet milk and cook until potatoes are tender. Remove the ham to a chop plate, surround with the potatoes, and sprinkle chopped parsley over the potatoes. Serve hot.

Th liquor remaining in the pot can be used for gravy by thickening with flour and cold water mixture.

Note: Ham butt can be purchased at a very low price and cooked to a delicious flavor in this manner.

GRAPE HAM

1 thick slice ham
1 cup grape juice
½ cup brown sugar
½ cup white sugar

Brown the ham in the VIKO Aluminum Skillet. Cover with the sweetened grape juice. Cover and simmer 1 hour. When done, remove the ham to a platter, and thicken the liquid with a thin flour paste. Serve with ham.

SHREDDED HAM WITH CURRANT JELLY

½ tablespoon butter
1 cup cold cooked ham, cut in strips
⅓ cup currant jelly
Few grains cayenne
¼ cup hot water

Melt butter and jelly in VIKO Aluminum Skillet, add seasoning, water, and ham. Simmer 10 minutes. Serve hot, plain or on toast.

BAKED HAM AND SWEET POTATO BIRDS

2 pounds ham, sliced very thin
6 parboiled medium-sized sweet potatoes
3 apples, peeled and sliced

Cut the ham in long enough strips to wrap easily around the potatoes. Remove the bone. To put together, lay a strip of the ham on a board, put one of the potatoes on it with a little thinly sliced apple and roll as tightly as possible in the ham. Fasten with toothpicks or skewers and place in a VIKO Aluminum Skillet and brown on all sides in hot fat. Cover and bake slowly from 45 to 50 minutes until the ham and potatoes are both tender. Serve with a thickened gravy made from the drippings in the pan. A few chopped raisins may be added if desired.

STUFFED BAKED PORK CHOPS

6 double pork chops
2 cups bread crumbs
4 tablespoons butter
1 small onion, minced
1½ cups water
½ teaspoon Worcestershire Sauce
¼ teaspoon salt
Dash of pepper
3 tablespoons tomato ketchup

Wipe meat with damp cloth. Cut pocket in each chop. Make a dressing of bread crumbs and seasonings. Place dressing in the pocket of the chops. Place in VIKO Aluminum Roasting Pan, cover with sauce made of water and ketchup. Bake in hot oven (400° F.) about 45 minutes, basting frequently.

CRANBERRY MEAT PIES

Make a rich baking powder biscuit dough, using a little more shortening than usual, roll thin, cut in squares, and line greased VIKO Aluminum Muffin Pan with them. Mix two cups finely chopped and highly seasoned corned beef or other meat with a cup of medium-thick white sauce. Mix together also a cup of chopped cranberries, a third of a cup of sugar and a tablespoon of melted butter. Fill the little pies, using two parts of meat to one of berries, the berries on top, fold over the crust and bake twenty minutes at 450° F., then ten more minutes at 350° F.

DRESSED SPARERIBS

1½ lbs. spareribs
2 cups mashed sweet potatoes
1 cup cooked rice
¾ teaspoon salt
Pepper
2 tablespoons butter

Make dressing of potatoes and rice, adding seasoning and butter. Brown the fleshy side of the spareribs in VIKO Aluminum Dutch Oven. Cover half of spareribs with thick layer of dressing, then place other half on top, add ½ cup water, cover and cook slowly 1½ to 2 hours.

CREOLE PORK

2 onions
1 lb. ground raw pork
1 small can or 1½ cups cooked spaghetti
1 small can tomato soup
¼ lb. grated cheese
½ teaspoon salt
½ cup grated crumbs
1 tablespoon butter

Chop onions fine and cook with pork in VIKO Aluminum Skillet until brown in 3 tablespoons fat. Drain off excess fat. Add spaghetti, soup, cheese, and salt. Cover with crumbs and butter. Cook 30 minutes over low heat.

MEAT DOVES

8 cabbage leaves
Boiling water
1½ cups chopped meat
2 slices breakfast bacon, diced
1 egg, beaten
¼ cup grated cheese
½ teaspoon salt
Pepper
2 teaspoons parsley
½ small onion, diced
1 can tomato soup

Pour the boiling water over the cabbage leaves, and allow them to stand 5 minutes, then drain. Fry out the diced bacon in the VIKO Aluminum Skillet. Brown the chopped beef with the bacon. Then in a bowl mix with the egg, cheese, salt, pepper, parsley, and diced onion. Place about 2 tablespoons of the above mixture in a cabbage leaf, and roll it up, folding in the edges. Brown a sliced onion in extra fat in the VIKO Skillet. Place the rolled cabbage in the pan with folded edge down. Add the tomato soup. Cover, and continue cooking over a low heat or in oven for 1 hour. Serve very hot. This makes 8 doves.
Cooked tomatoes, slightly thickened, may be substituted for the tomato soup.

BOILED PORK DINNER

2 lbs. lean side pork
Salt
Pepper
2 bunches carrots
1 No. 2 can peas

Brown the pork on all sides in VIKO Aluminum Dutch Oven. Add the salt and pepper, cover with water, and cook about 1 hour. Add the halved carrots and continue cooking for an additional hour. The cover should be removed during the last part of the cooking period so that the liquid may evaporate. Then add the peas, cover, and allow the peas to heat.

PORK CHOPS ITALIAN

6 pork chops
1 can mushrooms
2 tablespoons vinegar
1½ cups water
2 cloves
Few grains mace
½ teaspoon salt
2 tablespoons fat
1 teaspoon corn syrup
1 tablespoon cornstarch
½ cup strained tomato
1½ teaspoons lemon juice
Salt and pepper

Brown the pork chops in VIKO Aluminum Skillet. Slice and cook the mushrooms in the vinegar water with cloves, mace, and salt. Remove the mushrooms. Strain the sauce, add the fat and syrup, cook for a few minutes. Add the cornstarch that has been dissolved in a little cold water, the tomato, lemon juice, and salt and pepper to taste. Cook for about ten minutes. Add mushrooms. Put the pork chops on a platter, and pour the sauce on them. Surround with a border of cooked rice or noodles. Serve immediately.

PORK CHOPS WITH APPLES

3 chops
½ teaspoon salt
3 tart apples
⅛ cup sugar
Cinnamon

Brown the chops lightly on each side in the heated VIKO Aluminum Cooker. Then remove and cover bottom of cooker with tart apples cut in halves or fourths, depending on size. Sprinkle with sugar and salt, and cover with seasoned chops. Place in base of cooker over low heat. Cover and cook 60 minutes. Sprinkle cinnamon over apples if desired.

PORK CHOPS AND CORN

6 pork chops
1 No. 2 can corn
1 green pepper
1 teaspoon salt
Pepper
Buttered crumbs

Cut some of the fat from the pork chops and try out in VIKO Aluminum Dutch Oven. Brown chops on both sides; salt and pepper the chops. Chop the green pepper which has been cleaned and mix with the corn. Add salt and pepper. Place a layer of chops in the Dutch Oven, then a layer of corn, layer of chops, etc., until the amount is used. Pour the pork fat over this. Cover with buttered crumbs. Cook 45 minutes over low heat.

PORK PIE

Pork Pie is an old English dish which owes its distinction to a rich stock or gravy combined with fruit. Select two pounds from the neck end of a loin of pork and have the bone removed; then cut the meat into thin slices and dust them with salt, pepper and nutmeg. Line VIKO Aluminum Pudding Pan with plain pastry, and fill with alternate layers of meat and tart sliced apples, sprinkled lightly with sugar. The top layer should be of meat. Pour over it three-quarters of a cup of rich brown stock and a tablespoon of melted butter, cover with a top crust in which vent holes have been made, brush over with the beaten yolk of an egg, and bake at 400° F. for half an hour, then lower the heat and continue baking at 350° F. for another hour. This may be served hot or cold, and, to vary, one part of sliced quinces to two parts of sliced apples may be used.

PORK ROAST AND SWEET POTATOES

2 lbs. pork (fresh ham)
2 tablespoons fat
Sweet potatoes
Dressing

Heat VIKO Aluminum Dutch Oven and fat, sear meat. Cover utensil and cook over low heat on top of the stove for 1 hour. Open utensil, and place halved sweet potatoes around the roast, and cover meat with a bread dressing. Cook for 1 hour longer. Garnish potatoes with quartered marshmallows.

PORK TENDERLOIN ROLL

2 lbs. pork tenderloin
1 large apple, diced
⅔ cup cracker crumbs
¼ lb. prunes
2 tablespoons seeded raisins
1 egg
⅛ teaspoon salt

Soak the prunes and raisins 5 minutes in boiling water. Peel the apples, and slice thin, removing core. Remove prune stones. Mix the above ingredients. Split lengthwise a pork tenderloin. Flatten this out with a meat pounder. Fill with the above dressing, roll, and tie in shape. Brown well on all sides in hot fat in the VIKO Aluminum Skillet. Cover, turn heat very low, and continue to cook about ½ hour longer. Slice and serve very hot.

STUFFED PORK CHOPS

6 pork chops, cut for stuffing
1½ cups rice, cooked
2 pimientos, shredded
Salt
Pepper
2 tablespoons lard, or substitute

Stuff the pork chops with a mixture of well seasoned rice and pimientos. Pin the chops together with a toothpick. Sear the chops until a golden brown on both sides in the hot fat in VIKO Aluminum Skillet. When well browned, sprinkle with salt and pepper, cover the skillet, turn the heat very low, and continue cooking 30 minutes to 1 hour. Use the remaining liquid for gravy or seasoning.

SAUERKRAUT AND SPARERIBS

1½ lbs. spare ribs
1½ pts. sauerkraut
Halved raw potatoes
Salt
Pepper

Cut the meat in suitable pieces for serving. Brown these well on all sides in the VIKO Aluminum Cooker used without the base, and season with salt and pepper. Over this place halved raw potatoes and cover with 1½ pints sauerkraut. Cover the cooker, set on base over medium heat for 5 to 10 minutes until the contents are steaming hot. Then reduce heat and cook 1½ hours.
Feathery Dumplings may be added, if desired, ½ hour before serving.
Other foods may be prepared on the rack and in the pan above.

VEAL

VEAL ROAST

2 lbs. veal (from leg)
Salt
Pepper
5 slices bacon

Heat the VIKO Aluminum Dutch Oven. Try out bacon in hot Dutch Oven. Remove bacon. Sear veal in hot drippings until well browned (about 15 minutes). Insert trivet, cover, reduce heat, and cook 1½ hours.

VEAL IN SOUR CREAM

2 lbs. veal cutlet, cut in cubes
Butter to brown
2 tablespoons flour
½ teaspoon salt
Dash of paprika
1 cup sour cream
½ to ¾ cup chopped mushrooms
1 tablespoon onion juice

Brown the veal cubes in butter in the heated VIKO Aluminum Skillet and then remove them. Add three tablespoons of water to the skillet and stir. Use this in making the sour-cream sauce.

To make the sauce, place flour in the skillet and make a smooth paste. Add the seasonings, then slowly add the sour cream, stirring constantly. When thickened, add the mushrooms and onion juice. Add the veal, cover, and cook over low heat for 45 minutes to 1 hour. This is excellent served with boiled rice.

FRICASSEE OF VEAL

2 lbs. sliced veal
2½ cups boiling water
1 small onion (diced)
2 stalks celery (diced)
6 slices carrots
Pork fat
Salt and pepper
4 tablespoons butter
4 tablespoons flour
Parsley

Sprinkle meat with salt and pepper, and brown in pork fat in VIKO Aluminum Vapor-Seal Dutch Oven or Cooker. Cover with boiling water, add vegetables and cook until tender. Melt butter and flour, and pour on liquor from veal and vegetables. Bring to boiling point and return to Dutch Oven containing meat and vegetables. Garnish with parsley and serve hot.

VEAL A LA CACHATORE

2 lbs. veal cutlet, cut in cubes
2 small onions, chopped fine
3 tablespoons butter
Flour
Salt
Pepper
½ cup vinegar
½ cup grape juice

Brown the onions lightly in the hot fat in VIKO Aluminum Skillet. Remove onions, and brown floured veal cubes on all sides. Add salt, pepper, and onions. Cover skillet, and cook over low heat for about 1 hour. Add the vinegar and grape juice, and continue cooking for about 15 minutes.

VEAL A L'ESPAGNOLE

2 lbs. ground veal
4 oz. ground bacon
¾ cup fine sifted crumbs
1 teaspoon salt
1 tablespoon minced parsley
¼ teaspoon pepper
¼ teaspoon paprika
1 egg, slightly beaten
Flour
3 tablespoons fat
2 cups sifted tomato pulp
2 tablespoons scraped onion
½ green pepper, finely minced

Mix the veal and bacon. Mix the crumbs, salt, parsley, pepper and paprika, bind with the egg, and mix with the chopped meats. Shape into small balls, roll in flour, and brown on all sides in heated fat in VIKO Aluminum Dutch Oven. Heat the tomato pulp with the onion and green pepper, and pour over the meat balls. Cover, and cook over low heat for about 1½ hours.

VEAL PIE

2 lbs. veal, cut in cubes
1 cup water
2 No. 2 cans peas
½ small onion, finely diced
1 potato, diced
3 teaspoons salt
Pepper
5 tablespoons flour
Biscuits

Drain the liquid from the peas into the VIKO Aluminum Dutch Oven; add the water to this. When this is boiling, add the salt and veal. Cover, and allow this to boil a few minutes, then turn the heat very low. Cook 45 minutes. Uncover, add the potato and onion which have been finely diced. Cover, and cook 15 minutes; add the peas. Cover, and cook 15 minutes more. Season to taste. Make a smooth paste of the flour and cold water. Add to the meat and vegetables. Place a layer of cut rich biscuit dough on the top. Place in a hot oven, 450° F., and bake uncovered until the biscuits are slightly brown.

DEVILED VEAL STEAK

1 lb. veal cutlet, sliced ¼ inch thick
2 teaspoons prepared mustard
1 teaspoon salt
Pepper
1 tablespoon butter
1 egg
2 cups rice flakes (crumbled)

Cut steak into servings. Mix mustard, salt, pepper, and butter, and rub into steak. Dip in lightly beaten egg, then in rice flakes and fry in VIKO Aluminum Skillet, with generous portions of fat. Garnish with tomatoes, parsley and green peppers.

VEAL SCOLLOPS

1 lb. veal
Egg
Cracker crumbs
Salt and pepper

Cut veal in pieces the size of an oyster, dip in beaten egg, roll in cracker crumbs seasoned with salt and pepper. Fry in deep fat in VIKO Aluminum French Fryer at 375° to 400° F.

JELLIED VEAL

2½ lb. veal from leg
1 teaspoon salt
Pepper
4 hard cooked eggs
1 small can mushrooms (if desired)
8 strips of pimientos
Few sprigs parsley
2 cups boiled veal liquor

Cover veal with water in the VIKO Vapor-Seal Dutch Oven. Add salt and pepper. Cover, and after the water boils, reduce the heat so simmering continues. When the meat is very tender remove and boil the remaining broth vigorously until only about 2 cups remain. Cut the meat into small sections. Mix with the mushrooms and parsley.

Place a row of overlapping slices of the hard cooked eggs down the center of a bread pan, arrange the strips of pimientos on each side of the eggs. Pour the shredded meat over this and press carefully into the pan. Slice the remaining eggs over this. Pour the concentrated liquid over all. Set in a cold place about 6 hours until the gelatin which has been formed solidifies.

This is a very appropriate meat dish for Sunday evening luncheon. It is very good combined with potato chips, a vegetable salad, hot rolls and chocolate. Serves 8.

SPANISH VEAL BALLS

1¼ pounds veal cutlet
¼ cup fat, salt pork
½ cup soft bread crumbs
1 egg, well beaten
½ teaspoon paprika
1 teaspoon parsley, chopped
1½ cups cooked tomatoes
½teaspoon salt
½ slice of green or red pepper, chopped fine

Chop veal, freed from skin, etc., and the pork very fine, add other ingredients and mix all together. Shape into balls and roll in flour. Sauté in a little fat in VIKO Aluminum Skillet. Heat tomatoes and turn into skillet. Add salt and chopped pepper and a few thin slices of onion. Cover and cook over very low heat for about ½ hour.

VEAL BIRDS

Cut veal steak into pieces about 2 x 3 inches. On each place ½ slice bacon, 1 slice onion, salt and pepper—roll—skewer with toothpick, sear on all sides in hot fat in VIKO Aluminum Skillet. Cover with milk or cream, cover utensil and cook over low heat about 1¼ hours.

TO SELECT AND COOK SWEETBREADS

A Sweetbread consists of two parts, connected by tubing and membranes. The round, compact part is called the heart sweetbread, as its position is nearer the heart; the other part is called the throat sweetbread. When sweetbread is found in market separated, avoid buying two of the throat sweetbreads, as the heart sweetbread is more desirable.

Sweetbreads spoil very quickly. They should be removed from paper as soon as received from market, plunged into cold water and allowed to stand one hour, drained, and put into acidulated, salted boiling water, then allowed to cook slowly twenty minutes; again drained, and plunged into cold water, that they may be kept white and firm. Sweetbreads are always parboiled in this manner for subsequent cooking.

BREADED SWEETBREADS

1½ lbs. sweetbreads
2 tablespoons lemon juice, or vinegar
2 teaspoons salt
2 quarts boiling water
1 egg
1½ cups bread crumbs, cracker crumbs, or flour
Salt and pepper
6 slices breakfast bacon

Wash the sweetbreads in cold water; remove any loose membrane. Parboil 20 minutes in the VIKO Aluminum Kettle. Add salt and lemon juice to the boiling water for parboiling. Remove the strainer inset with the sweetbreads, drain, then plunge into cold water. Drain the sweetbreads, dip in the beaten egg, roll in crumbs or flour, then brown in the bacon fat remaining after the bacon has been fried crisp. Place on a small hot meat platter, garnish with the bacon, and serve at once.

LAMB

ROAST LEG OF LAMB

Wash meat. Put strips of bacon on VIKO Aluminum Roaster trivet, place leg of lamb on it. Rub with salt and pepper, cover with strips of bacon on top. Add enough water to just cover bottom of roaster. Put in hot oven 450° F., for 30 minutes, lower to 400° F. and cook until done. Allow 25 minutes per pound—plus 15 minutes. Cook potatoes and carrots with the roast. Add 1 hour before meat is taken out of oven. Garnish with parsley.

ROAST LAMB

1 tablespoon fat
2 lb. lamb roast
1 tablespoon salt
Pepper

Sear the roast brown on all sides in the hot fat in the VIKO Aluminum Dutch Oven. Turn heat low. Place trivet under roast, cover, and continue cooking 1¾ hours.

SPANISH LAMB CHOPS, TRUFFLE SAUCE

Wipe six French chops, cut one and one-half inches thick, split meat in halves, cutting to bone, and stuff with the following mixture: Mix six tablespoons soft bread crumbs, three tablespoons chopped mushroom caps, two tablespoons melted butter, and salt and cayenne to taste. Dip chops in crumbs, egg, and crumbs, fry in deep fat in VIKO Aluminum French Fryer two minutes and cook in oven fifteen minutes. Serve with Truffle Sauce or White Sauce to which sautéed sliced mushrooms are added. Baste once or twice with ¼ cup fat dissolved in ½ cup hot water.

BEEF

BEEF ROAST WITH YORKSHIRE PUDDING

BEEF ROAST

Sear meat very brown on all sides in VIKO Aluminum Dutch Oven over high heat. This takes about 15 to 20 miuntes. Cover, and reduce the heat so that cooking continues. Cook slowly for 2 hours. When meat is almost done, remove cover, add Yorkshire Pudding, and place in oven to bake.

YORKSHIRE PUDDING

2 cups sifted flour
3½ teaspoons baking powder
½ teaspoon salt
2 tablespoons shortening
1 egg
⅔ cup milk

Mix dry ingredients, cut in shortening; beat egg, add milk. Combine mixtures. Roll and cut in strips or add enough milk to pour batter over beef roast. If strips are used, place on and around roast. Bake in hot oven (425° F.) about 10 minutes. Serves 6.

BEEF RUMP ROAST

5 lbs. beef rump
Carrots
Potatoes
Salt
Pepper

Wipe meat and sear in hot fat (tried out from suet on meat) in VIKO Aluminum Vapor-Seal Cooker. Brown well on all sides. Cover, reduce heat, and cook slowly for 2 hours. Remove cover, place carrots and potatoes (or other vegetables) around meat, season, and continue cooking covered for 1 hour. Remove vegetables and meat, make gravy in roaster by adding 2 tablespoons flour dissolved in ½ cup cold water. More liquid may be added if desired.

BEEF STEW

2 lbs. beef, cut in 1½ inch cubes
2 tablespoons fat
3 teaspoons salt
2 cups boiling water
1 bay leaf
¼ teaspoon pepper
4 carrots
1 onion, diced
3 potatoes
2 tablespoons flour

Sear the beef brown on all sides in the hot fat in VIKO Aluminum Waterless Cooker. Add the seasoning, boiling water, and diced onion. Cover, set the Cooker on the base over low heat, and continue cooking 1 hour. Then open the cooker, add the carrots and potatoes cut in small cubes. Cover, and cook 1 hour more. Mix the flour with cold water and stir into hot broth; cook for a few minutes longer, then serve. Taste and add more seasoning if desired. Sweet corn on the cob can be steamed on the rack above.

RUMP ROAST EVERMONDE

1 only 3 lb. beef rump roast
5 tablespoons cooking oil
¼ cup cider vinegar
1½ tablespoons lemon juice
1 carrot, finely sliced
1 onion, minced
1½ stalks of parsley
½ minced clove of garlic
½ teaspoon black peppercorns
½ crumpled bay leaf
2 whole cloves
⅛ teaspoon black pepper
½ teaspoon salt
⅛ teaspoon nutmeg

Reserve 3 tablespoons of the oil. Mix the rest of the ingredients thoroughly together.

Sear the roast very brown on all sides in the 3 tablespoons hot fat in the VIKO Aluminum Dutch Oven. When this is done, pour the sauce over the beef. Place the cover, reduce the heat, and cook over low heat for about 2 hours, or until done. Turn the meat often. Take the meat out onto a serving platter, and set in warming oven while straining the gravy and skimming off the fat. Pour part of the gravy over the roast. Leave the rest in the gravy dish. Thicken slightly with flour, one tablespoon to a pint. Serve the roast with glazed carrots and potatoes and a garnish of watercress or parsley.

RAIFORT STEW

2 slices bacon, diced
2 lbs. beef, cut in ½ inch cubes
1 diced onion
1 No. 2 can tomatoes
1 green pepper, diced
2 teaspoons salt
Pepper
3 tablespoons horseradish
1 diced potato

Fry the bacon until crisp in the VIKO Aluminum Dutch Oven. Sear the meat until brown in the hot fat. Add the remaining ingredients and stir well. Cover and cook for ½ hour over low heat. Add the diced potato and continue cooking for 1 hour.

CANNELON OF BEEF

2 lbs. lean beef, cut from round
Grated rind of ½ lemon
1 tablespoon finely chopped parsley
1 egg
½ teaspoon onion juice
2 tablespoons melted butter
Few gratings nutmeg
1 teaspoon salt
¼ teaspoon pepper

Chop meat finely, and add remaining ingredients in order given. Shape in a roll six inches long, place on rack in VIKO Aluminum Dutch Oven, and arrange over top, slices of fat salt pork and cook 45 minutes. Serve with brown mushroom sauce.

BRISKET OF BEEF WITH BEANS
(Top of Stove)

2 cups navy beans
Salt
Pepper
2½ lbs. beef brisket
¼ cup brown sugar
¼ cup molasses
½ teaspoon mustard

Wash, pick over beans, and let soak over night. Salt and pepper the meat, and let stand one hour or longer. Drain the beans, cover with fresh water, cook slowly in VIKO Aluminum Roaster until the skins burst. Add the meat, and remaining ingredients, and cook over low heat for about three and one-half hours. Serves 8.

BARBECUED RIBS

- 4 lbs. ribs
- ½ cup catsup
- 1 teaspoon dry mustard
- 1 small bay leaf (crumbled up)
- 3 tablespoons flour
- 1 tablespoon celery seed
- 1 teaspoon ground cloves
- 2 tablespoons butter
- 1 tablespoon grated onion
- ½ teaspoon paprika
- 1 teaspoon salt
- ¼ cup Worcestershire Sauce
- ¼ cup vinegar
- 2 cups boiling water or stock

Brown ribs in VIKO Aluminum Dutch Oven. Melt butter, add flour and brown. Add boiling water or stock and all other ingredients. Cook until thick as you like it. Pour over ribs in VIKO Aluminum Dutch Oven. Cook slowly for 2½ to 3 hours.

MEAT LOAF

- 1 lb. fresh pork, ground
- 1 lb. veal, ground
- 2 lbs. beef, ground
- 1 cup bread crumbs
- 1 cup milk
- 4 teaspoons salt
- ⅛ teaspoon pepper
- 3 eggs, slightly beaten
- 1 onion chopped fine
- If desired, a dash of celery salt, thyme, savory or sage
- 4 slices fat salt pork or bacon

Mix the ingredients thoroughly. Shape into loaf, put in VIKO Aluminum Dutch Oven or Roaster and lay slices of salt pork or bacon across it. Brown the loaf in the uncovered pan at 500° F., then cover, and cook for 1¾ hours at 400° F. Remove to platter, pour tomato or brown sauce around the meat and garnish with parsley.

MEAT RING

- 1¾ lbs. ground beef
- ¼ lb. ground pork
- 1 cup dry bread crumbs
- 1 onion, ground
- ½ cup water or tomato juice
- 1 or 2 eggs, slightly beaten
- 1 teaspoon salt
- ⅛ teaspoon pepper

Mix thoroughly the above ingredients. Pack firmly in the well oiled VIKO Aluminum Ring Mold and bake for 45 minutes at 425° F. Fill center with potato chips. Garnish with quartered tomatoes in lettuce cups.

CITY CHICKEN

- 1 lb. lean beef in 1 piece
- ¾ lb. lean pork in 1 piece
- ¼ lb. bacon in 1 piece
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 slice onion
- 1 egg beaten
- 3 tablespoons bread crumbs
- 1 doz. wooden skewers

Tough inexpensive beef may be used when this recipe is prepared in the VIKO Aluminum Skillet.

Pound the beef and pork well. Cut into 1½ to 2 inch cubes. Sterilize the wooden skewers in boiling water. Place a piece of beef on the skewer, then a thin cube of bacon, then pork, bacon and last beef. Mold with the hands into drumstick shape. Roll in crumbs, beaten egg, and again in crumbs. Brown on all sides in VIKO Aluminum Skillet. Season with salt and pepper. Add the slice of onion. Cover the skillet and cook over an extremely low heat for 1 hour.

Serve hot with milk gravy or sauce made from the remaining liquid combined with 1 tablespoon flour and 1 cup tomato juice.

SAUER BRATEN (German)

2 lbs. beef, cut in about 2 inch sections
1 cup vinegar
1 cup water
1 onion, sliced
3 teaspoons salt
¼ teaspoon pepper
⅛ teaspoon cloves
4 bay leaves
6 tablespoons flour, browned

Mix the vinegar, water, onion, salt, pepper, cloves, and bay leaves together. Pour this over the beef and allow it to stand in a cool place two days. Turn this into a VIKO Aluminum Dutch Oven. Cover and cook over a very low heat 2 hours or until the meat is tender. Remove the meat. Make a thin paste of the flour with ½ cup cold water. Add this to the remaining liquid. Make sauce. More water may be needed. Pour this over the meat and serve very hot. Less tender cuts of meat, such as chuck, rump, or neck may be used for this recipe, for the acid and slow cooking soften the connective tissue and tender meat results.

SAVORY BEEF TONGUE

4 lb. beef tongue
3 tablespoons butter
¼ cup flour
1½ pints tongue liquor
Salt and pepper
Parsley
Carrots
Onions
Green peppers, sliced
Potatoes

Wash a fresh tongue, skewer into shape and place in VIKO Aluminum Vapor-Seal Cooker. Cover with boiling water and cook over low heat until tender. Remove tongue by lifting upper part of cooker. Make a thickened broth of butter, flour, liquor, seasoned with salt, pepper, and parsley. In this place the strainer containing the tongue, surrounded with vegetables. Cover and continue cooking 1 hour over low heat. Serve the broth as soup or as a sauce over the vegetables.

STUFFED HEART

5 lb. beef heart

Dressing

3 cups dry bread crumbs
1 onion
1 slice bacon, diced
Beef broth or water
Sage
Salt
Pepper

Stuff the heart with dressing, sear on all sides in hot fat, in VIKO Aluminum Vapor-Seal Cooker, salt and pepper, cover, turn the heat low, and continue cooking 2¾ hours.

ITALIAN MEAT BALLS

¼ lb. ground beef
¾ lb. ground pork
½ cup cracker crumbs
2 eggs
⅓ cup grated Parmesan cheese
Salt, pepper
3 cups tomato sauce
1 clove garlic
½ green pepper, minced
Dash of cayenne

To the ground meat, add the crumbs, eggs, cheese, and salt and pepper. Mix, make into balls, and sauté in a VIKO Aluminum Skillet. Make a rich tomato sauce, including garlic, green pepper, and cayenne. Cook until well blended. Rub through a VIKO Aluminum Food Press. Pour the sauce over the meat balls and simmer 15 minutes. Arrange balls on a hot platter, pour sauce over, grate more cheese over the top and serve at once.

CURRIED DRIED BEEF AND NOODLES

1½ tablespoons fat
1 teaspoon minced onion
1 cup (¼ lb.) dried beef
1½ tablespoons flour
1 cup meat stock
Pepper
¼ cup thick cream
1 cup cooked noodles

Melt fat in VIKO Aluminum Skillet. Add onion and beef, and crisp. Add flour mixed with a little of the meat stock and pepper and mix well. Add remaining stock and allow to simmer for 20 minutes; add cream. Heap the hot noodles on a platter, pour the curried dried beef over the top.

DRIED BEEF A LA SOUTHERN

½ lb. dried beef
2 tablespoons chopped onion
½ green pepper, chopped
2 tablespoons butter
1 No. 2 can corn
2 tablespoons chopped pimiento
Pepper
½ cup water

Soak the dried beef in boiling water for 5 minutes; drain. Brown the chopped onion and green pepper in the butter in VIKO Aluminum Skillet. Add the other ingredients, cover the skillet, and let simmer for 15 minutes. Serve on toast or biscuits or in patty shells.

LIVER (Energy) LOAF

1½ lbs. beef liver
1 egg
¼ cup melted butter or substitute
1¼ teaspoons salt
⅛ teaspoon pepper
¼ teaspoon paprika
3 tablespoons minced onion
3 tablespoons minced parsley
1½ cups dry bread crumbs
1 cup tomato soup (if desired)

Pour boiling water on the liver. Let stand 5 minutes. Drain, and put through grinder. Add the egg, slightly beaten. Then add the butter, seasonings, and bread crumbs. Shape into loaf, and place in VIKO Aluminum Baking Pan or Roaster. Add 1½ cups water. Bake in a moderate oven (350° F.) about 1 hour. If desired, add the tomato soup 15 minutes before taking from the oven.

MEAT BALLS IN TOMATO SAUCE

2 slices bacon
1 lb. ground beef
1 onion, diced fine
1 teaspoon salt
1 No. 2 can tomatoes
6 onions, sliced thin
1 tablespoon mustard

Try out the bacon in the bottom of the VIKO Aluminum Dutch Oven. Mix the beef with salt and the one diced onion, and make into small cakes. Fry these until brown on both sides in the hot bacon fat. Add the tomatoes, onions, mustard, and more salt if desired. Cover and cook 1 hour over low heat. Remove the cover and continue cooking until some of the liquid is evaporated.

BEEF CROQUETTES

1 cup cooked beef
2 cups mashed potatoes
1 egg
Onion
Parsley
Egg and crumbs

Chop cold roast or corned beef fine, and mix with well seasoned hot mashed potatoes. Beat the egg, and work it in with the mass. Add the onion and parsley. Roll small portions in egg, then cracker crumbs, and shape into cone forms. Fry in deep fat in VIKO Aluminum French Fryer at 375-390° F. (Makes 10 good sized croquettes.)

STEAK

SWISS STEAK WITH MUSHROOMS

3 lbs. round steak, 2½ inches thick
Flour
3 tablespoons fat
3 teaspoons salt
Pepper
6 tablespoons flour
Cold water
1 can mushrooms

Pound as much flour as possible into the steak. Heat the fat in the VIKO Aluminum Skillet over high heat, and brown the meat thoroughly on all sides. Cover, turn the heat very low, and cook for 1 hour. Then remove the cover, sprinkle the meat with salt and pepper. Cover, continue to cook 1 to 1½ hours. Remove the meat to a warm platter. Make a paste of the flour and cold water. Add to the liquid remaining. Stir until a smooth thickened gravy is formed. Add the drained mushrooms. Cook until mushrooms are heated through. Water and more seasoning should be added if desired. Pour the hot mushroom sauce over the meat.

SWISS STEAK WITH ONIONS

2 lbs. round steak, 2½ inches thick
Flour
3 tablespoons fat
3 teaspoons salt
Pepper
6 onions, sliced

Pound as much flour as possible into the steak. Heat the fat in a VIKO Alumnium Skillet, over high heat, and in this brown the meat thoroughly on all sides. Cover, turn the heat very low, and cook for one hour. Then remove the cover, sprinkle the meat with salt and pepper, and add the sliced onions. Cover, continue to cook 1 hour. Remove the meat to a warm platter, garnish for serving. Gravy should be made from the remaining liquid.

PLANKED BEEFSTEAK

Wipe, remove superflous fat, and pan broil ten minutes a porterhouse, or cross cut of the rump steak cut 1¾ inches thick. Butter a plank and arrange a border of Duchess Potatoes (see recipe) close to the edge, using a pastry bag and rose tube. Remove steak to plank, put in a hot oven, salt when half cooked, and bake until steak is cooked and potatoes are browned. Spread steak with red and green butter, sprinkle with salt and pepper and finely chopped parsley. Garnish steak with peas, drained and buttered, in potato nests, or any fresh seasonable vegetable. Use also Glazed Onions, Sautéed Mushroom Caps and Cauliflower with Mousselaine Sauce, Sautéed halves of small tomatoes, with a circular slice of cucumber on top of each, and Julienne Potatoes are also nice for garnishing.
The planked steak must be hot when served at the table.

STUFFED ROUND STEAK

1½ lbs. round steak
1 small chopped onion
1 chopped red pimiento
½ teaspoon salt
2 cups toast crumbs
½ green pepper, chopped
2 tablespoons chopped parsley
1 teaspoon sage
1 cup hot water

Make a stuffing of crumbs by adding hot water to toast, onion, pepper, parsley, sage, and salt. Place on steak and fold meat over it. Tie the roll together, or fasten sides of meat together with toothpicks or skewers and spread with melted fat and dredge with flour, salt, and pepper. Brown in VIKO Aluminum Skillet.

HAMBURG STEAK PATTIES

1 lb. Hamburg steak
2 tablespoons butter
2 tablespoons flour
1 chopped onion
¼ teaspoon pepper
1 cup soup stock
1 tablespoon chopped parsley
Croutons
1 teaspoon salt

Heat butter in VIKO Aluminum Skillet, add onion and brown. Add flour, stir to a smooth paste, add stock slowly, stirring all the time, simmer for 10 minutes. Add Hamburg steak moulded into patties, add seasonings and chopped parsley. Turn once while cooking. Cook slowly ½ hour. Just before serving add browned bread croutons.

BEEFSTEAK PIE

2 lbs. rump, flank or chuck steak
Pie paste
Chopped onion
Salt and pepper
Sliced potatoes
Butter or other fat
Flour
Egg

Cut the meat into strips two inches long by one inch wide. Put them with the bone, just cover them with water, and simmer about 1 hour. Line the sides of a VIKO Aluminum Pudding Pan with pie paste; put in a layer of meat with a few thin slices of onion, and sprinkle with salt and pepper; next add a layer of sliced potatoes with bits of butter dotted over it. Alternate the steak and potato layers until the pan is full. Thicken the gravy with browned flour and pour in, put on a top crust, brush it with beaten egg, and bake at 450° F. until quite brown—about 30 minutes.

MEAT SURPRISE

1 large slice round steak, cut ½ inch thick
½ lb. ground cured ham
4 tablespoons cream, milk or water
1 tablespoon prepared mustard
4 tablespoons flour
Salt and pepper to taste
1 tablespoon butter

Brush the steak with the melted butter, and spread evenly with the ham that has been mixed with the liquid, mustard, and flour. Roll up like a jelly roll, and tie in the middle and at each end. Sprinkle the roll lightly with salt and pepper, and dredge in flour. Heat fat in VIKO Aluminum Dutch Oven, and brown the roll, turning it from time to time. Add 1 cup of hot water, cover closely, and bake in a moderate oven (350° F.) for 1 hour, or until very tender. Serve on a large platter with a mashed potato border or with steamed sweet potatoes. The fryings left from the roll make a delicious gravy to accompany the dinner.

NEW STEAK

1 pound of round steak, ground
1 onion

Brown 1 onion in bacon grease in VIKO Aluminum Skillet. Add round steak and brown. Then add 1 cup of cooked spaghetti and 1 can of mushrooms. Cover and cook 30 minutes.

PORCUPINES

1 lb. round steak, ground
1 small onion, chopped fine
½ cup rice (uncooked)
½ teaspoon salt
¼ teaspoon pepper
2 cans tomato soup

Mix meat, onion, seasoning and rice thoroughly—shape into balls—put in VIKO Aluminum Skillet, cover with tomato soup and cook slowly 1 hour and 15 minutes. Chopped mushrooms may be added to the sauce if desired.

CATERPILLAR WEINERS

Split the weiners down the middle lengthwise. Do not cut entirely through as the weiner should stay in one piece. Then make several crosswise cuts down the length of the weiner. Drop into hot fat in the VIKO Aluminum French Fryer and cook for a few minutes. Drain and serve hot.

SAUCES

HORSERADISH SAUCE

¼ cup horseradish
¼ cup butter
2 tablespoons lemon juice

Cream butter in an Aluminum Mixing Bowl, beat in other ingredients. Serve with hot meats or fish.

BARBECUE SAUCE

2 tablespoons of butter
3 tablespoons flour
1 tablespoon grated onion
⅛ tablespoon cayenne pepper
1 teaspoon dry mustard
1 teaspoon salt
¼ cup Worcestershire Sauce
¼ cup vinegar
2 cups boiling water or stock
Catsup

Melt butter in VIKO Aluminum Sauce Pan, add flour and brown. Add boiling water, all other seasonings, and cook until thick as desired. Pour over meat and cook until seasoned.

HOLLANDAISE SAUCE

½ cup butter
Yolks 2 eggs
1 tablespoon lemon juice
¼ teaspoon salt
Few grains cayenne
⅓ cup boiling water

Put butter in a bowl, cover with cold water, and wash, using a spoon. Divide in three pieces; put one piece in top of a VIKO Aluminum Double Boiler with yolks of eggs and lemon juice, place over boiling water, and stir constantly with a wire whisk until butter is melted; then add second piece of butter, and, as mixture thickens, third piece. Add water, cook one minute, and season with salt and cayenne. If mixture curdles, add two tablespoons heavy cream or two tablespoons boiling water.

MOCK HOLLANDAISE SAUCE

2 egg yolks
1 tablespoon water
1 tablespoon lemon juice
½ teaspoon salt
⅛ teaspoon pepper or paprika
1½ tablespoons butter
1 tablespoon flour
1 cup boiling water

Mix and stir well the first five ingredients; set aside in the upper section of VIKO Aluminum Double Boiler. Melt butter, add flour, and when it bubbles add the water, ⅔ cup at first, and then the rest, stirring constantly. Pour onto the egg mixture and cook over hot water until smooth and thickened, stirring constantly to avoid curdling.

CUCUMBER SAUCE

½ cup heavy cream
¼ teaspoon salt
Pepper
2 tablespoons vinegar
1 cucumber

Beat the cream until stiff in an Aluminum Mixing Bowl. Add salt and pepper and gradually add vinegar and then one cucumber pared, chopped and drained through a cheesecloth.

FOWL

CUBAN CHICKEN

2½ lbs. chicken
1¼ cups chopped onions
2 cups tomatoes
1 green sweet pepper
2 cloves of garlic
1 small piece of ham, cut fine
½ cup chopped olives
½ teaspoon saffron
2 tablespoons hot water
1 cup water
1 No. 2 can small peas
1 can pimientos

Unjoint the chicken and fry until a light brown, place in VIKO Aluminum Cooker on base. Heat onions, tomatoes, green pepper, ham, and garlic together in grease chicken was fried in. Then season with salt and pepper to taste. Pour over chicken, and steam until the chicken is ⅔ done.
Wash rice thoroughly and throw into 6 cups of boiling water slightly salted, boil rapidly 10 minutes, then drain water off. Mix saffron with two tablespoons of hot water, then stir into the rice. Add the olives and rice to the chicken, cover, and cook for ¾ of an hour over low heat. Serve on large meat platter, and garnish with a border of the peas and pimientos.
This is truly Spanish in flavor.

WINTER FRIED CHICKEN

1 chicken
Flour
Salt
Pepper

Clean and cut the chicken for frying. Mix the salt and pepper with the flour. Dredge each piece of chicken in the flour mixture. Fry in the VIKO Aluminum Skillet in a mixture of lard and butter. Be sure the fat is hot before the chicken is placed in the skillet. When each piece of chicken is brown on all sides, cover, turn the heat very low, and continue cooking from 1 to 2 hours, depending upon the toughness of the bird. The toughest chicken can be cooked tender by this method.

GLORIFIED CHICKEN RING

2 tablespoons gelatin
½ cup cold water
2 cups boiling water
½ cup sugar
1 teaspoon salt
½ cup diluted vinegar
1 lemon, juice
2 pimientos, shredded
2 cups chicken, diced
3 hard cooked eggs

Soak the gelatin in cold water about 10 minutes. Dissolve this in the boiling water. Add sugar, salt, vinegar, and lemon. Stir until thoroughly dissolved. Cool. Add pimientos, chicken, and egg. Rinse VIKO Aluminum Ring Mold with cold water. Pour mixture into the mold. Chill 6 to 12 hours. Serve with head lettuce and French Dressing.

ROAST CHICKEN

Wash, remove pin feathers, and singe chicken. If the skin is yellow, and a thin section rolls up, scrub the chicken with baking soda, using a damp cloth. Be sure the inside of the fowl is thoroughly cleaned. Fill with any desired dressing. Season (1 teaspoon of salt for each 2 lbs.), place in the VIKO Aluminum Roaster, dredge with flour (some prefer to omit this), and place in a hot oven, 500° F., for about 30 minutes. When brown reduce heat to 300° F., add ½ cup boiling water to the roaster, cover, and roast until tender. If the fowl is young, allow 20 to 30 minutes for each pound. The following dressing is a favorite with many people:

2 cups bread crumbs
1 teaspoon sage
½ cup onion, diced
⅛ teaspoon pepper
½ teaspoon salt
¼ cup melted butter
½ cup boiling water

Mix the above ingredients thoroughly, and stuff into the chicken. Lace the opening together with toothpicks. This recipe will fill a 2-lb. chicken.

BAKED CHICKEN

1 chicken—3 lbs.
Bread dressing
Butter
Salt and pepper

Stuff chicken with bread dressing; fasten openings with skewers, and rub entire body with melted butter and salt. Place chicken in VIKO Aluminum Roaster, and set under broiler of oven for 25 minutes, or until surface is well browned, turning to expose sides and breast. Cover roaster, place over small burner of range, and turn heat low. Allow to cook without lifting cover for 1½ hours; or bake in oven for 1½ to 2 hours.

CHICKEN A LA KING

4 tablespoons butter
3 tablespoons flour
1 pimiento
½ teaspoon salt
1 small can mushrooms
2 cups milk
2½ cups diced cooked chicken

Melt the butter in the top of VIKO Aluminum Double Boiler, then stir in the flour and seasoning. Add the milk; stir constantly, and when boiling set over boiling water. Add the chicken, mushrooms, and pimientos. Cook 10 minutes or longer. Serve very hot on toast.

BRAISED CHICKEN

3 to 4 lbs. chicken
Flour
1 green pepper, shredded
Salt
Pepper
1 cup boiling water
Potatoes

Cut chicken as for frying, flour, and sear on all sides in butter in the bottom of VIKO Aluminum Roaster. Salt, pepper, place trivet under chicken, add 1 cup boiling water, and roast 1 hour. Open, add green pepper and potatoes. Cover and continue baking 1 hour (350° F.). Thickened gravy may be made from the remaining broth.

CHICKEN CAKES

Boil chicken until tender in VIKO Aluminum Dutch Oven. Remove from bones, mix with thick white sauce, and shape in flat cakes. Dip in egg and crumbs, and brown in butter in the VIKO Dutch Oven.

CHICKEN A LA NEWBURG

1 tablespoon butter
1 cup cooked chicken, cubed
½ teaspoon salt
Dash of paprika
⅛ teaspoon nutmeg
2 tablespoons hot water
2 egg yolks, beaten
½ cup cream
2 teaspoons minced pimiento

Melt butter in VIKO Aluminum Double Boiler, add chicken. Cook 2 minutes. Add water and seasoning. Mix beaten yolks and cream, and add to chicken which has been removed from heat. Beat smooth. Then cook again for 2 minutes. Serve hot on toast or crackers.

CHICKEN SOUFFLE

3 tablespoons butter
3 tablespoons flour
¼ teaspoon salt
⅛ teaspoon pepper
1 cup milk or thin cream
3 eggs, separated
1 cup cooked chicken
⅛ teaspoon onion juice

Melt butter in a VIKO Aluminum Double Boiler, add flour and seasoning. When flour bubbles, add gradually the milk, stirring constantly. Cook white sauce until thickened. Add cooked chicken and well beaten egg yolks. Cook 1 minute longer. Remove from heat and cool slightly. Fold in the stiffly beaten egg whites. Pour in a greased baking dish and bake in a moderate oven, 325° F., for 45 minutes. Serves 6.

CHICKEN PIE

Cook one fowl until tender in 3 cups boiling water in a VIKO Aluminum Dutch Oven. Ten minutes before it is done add 2 cups potato balls and 1 cup very tiny onions. Shape ¼ pound sausage meat in balls the size of the potato balls. Remove chicken meat in large pieces. Put half the meat in baking dish, cover with half the potato balls, onions, sausage balls and ½ cup canned mushrooms. Add remaining chicken, vegetables, sausage balls and more mushrooms. Add 1½ cups of the stock thickened with 3 tablespoons flour mixed with 3 tablespoons cold water and seasoned to taste with salt and pepper. Cover the chicken with 4 strips bacon cut in squares and cooked until crisp and cover with a pastry crust. Bake 7 minutes or until well puffed in a very hot oven, reduce to 450° F., and bake until crust is brown and cooked through.

ROAST GOOSE

6 lbs. goose
Salt
Pepper
Butter
Apple prune dressing

Wash and stuff dressed goose with apple prune dressing. Rub entire body with melted butter and salt. Place in VIKO Aluminum Roaster, and brown uncovered in hot oven, 500° F. When well browned, cover roaster and bake at 350° F., for 3 hours, or until goose is tender.

RABBIT DE LUXE

3 slices breakfast bacon
1 wild or tame rabbit
Flour
1 teaspoon salt
⅛ teaspoon pepper
1 small onion, diced
2 canned pimientos, diced
Milk

Fry bacon until crisp in VIKO Aluminum Skillet. Remove the bacon from the fat. Mix the flour, salt, and pepper, and dip the rabbit which has been cut for serving in this flour mixture. Fry until brown on all sides in the hot bacon fat. Then add the crisp bacon diced, onion, pimiento, and enough milk to almost cover. Place the cover on the skillet, turn the heat low, and continue to cook 1½ to 2 hours.

ROAST DUCK

Wash and remove pin feathers, and singe duck. Be sure the inside of the duck is thoroughly cleaned. Fill with stuffing. Season, place in VIKO Aluminum Roaster, dredge with flour (some prefer to omit this), and place in a hot oven, 500° F., for about 30 minutes. When brown, reduce the heat to 300° F., add ½ cup boiling water to the roaster, cover, and roast until tender. If the fowl is young, allow 20 to 30 minutes for each pound. Use Apple Prune Dressing.

ROAST TURKEY

Stuff and truss the turkey, rub with butter or lard, then dredge with flour seasoned with pepper and salt. Bake in VIKO Aluminum Roaster in oven for 15 minutes at 500° F., then 350° F., allowing 15 to 25 minutes per pound. Serve with giblet gravy.

Apple Prune Dressing

2 cups bread crumbs
¼ teaspoon salt
Pinch of pepper
1 cup chopped prunes
1½ cups chopped tart apples

Soak the prunes over night; drain, stone, and chop. Add chopped apples, prunes, and seasoning to the crumbs, and mix thoroughly. This will stuff a 4 lb. fowl.

ADDITIONAL RECIPES

ADDITIONAL RECIPES

FISH

Fish is a tissue building food and provides more health giving material with less energy or heat than most other foods. This makes it an ideal food for those who live inactive lives.

Because fish is a protien and vitamin food it should be substituted in place of the usual meats once or twice a week.

If bought properly cleaned, fish is very simple to prepare and cook. If desired, one can even buy fish boned, all that needs to be done is to wash it well in cold water and prepare for cooking.

In selecting fish remember; (a) to order it for the day you wish to use it, (b) it should not have an offensive odor; (c) the eyes should be bulgy, bright and shiny; (d) the flesh should be firm; and (e) the gills a reddish color.

It is best to use fish as soon after it is delivered as possible.

BAKED FILLET OF HADDOCK

Cut a Fillet of Haddock into small pieces for serving. Place this in the basket of the VIKO Aluminum French Fryer. To this add 1 cup finely broken spaghetti. Lower the basket and its contents into rapidly boiling salted water in the French Fryer Pan. Turn the heat low so the water just simmers. Cook 30 minutes. Lift the basket and its contents, and drain by resting it on the side of the pan. Turn the haddock and spaghetti into a well buttered VIKO Aluminum Pudding Pan. Pour the cream sauce made in VIKO Aluminum Double Boiler from the following ingredients over this:

1 tablespoon butter
2 tablespoons flour
1 teaspoon salt
White pepper
1 cup milk
2 tablespoons chopped parsley

Cover with buttered crumbs, and bake in a moderate oven, 325° F., for 30 minutes.

FRENCH FRIED HADDOCK

Cut the Fillet of Haddock into convenient sections for serving, dip into well beaten egg, and then roll in cracker crumbs. Sprinkle with salt and pepper. Place in the basket of the VIKO Aluminum French Fryer, and lower slowly into the hot fat (370° F.) in the pan of the fryer. Cook until a golden brown, and the heat has penetrated to the center of each piece. Lift the basket and contents from the fat, set on the edge of the pan until the fat has drained from it. Turn onto hot platter and serve at once.

FRENCH FRIED HADDOCK ROLLS

½ cup Flaked Haddock
1 cup mashed potatoes
1 egg, beaten
1 teaspoon grated onion
1 teaspoon salt
¼ teaspoon pepper

Mix the above ingredients together. Form into slender rolls. This recipe makes 10. Place in the basket of the VIKO Aluminum French Fryer, and lower slowly into the pan which contains enough hot fat (390° F.) to cover rolls. Cook to a delicious golden brown. Lift the basket and its contents from the fat, and drain by resting the basket on the side of the pan. Turn onto hot platter, and serve at once with any desired sauce.

BOILED HADDOCK

Place the frozen fillet of haddock in cold water and let stand about 20 minutes until thawed. Then cut into convenient sizes for serving, and place in the basket of the VIKO Alumnium French Fryer. Boil the following ingredients in the French Fryer pan for 10 minutes:

2 qts. boiling water
2 tablespoons vinegar
1 tablespoon salt
¼ teaspoon pepper
1 tablespoon onion, diced
1 tablespoon celery, diced
1 tablespoon carrot, diced

Then lower the basket containing the haddock into the boiling mixture. Reduce the heat so the water just simmers. Continue cooking 30 minutes. Lift the basket and rest it on the side of the pan for a few minutes until the fish has drained dry. Then turn onto hot platter, and serve at once with tartar sauce.

HALIBUT STEAK WITH CHEESE SAUCE

1 recipe Cheese Sauce
6 halibut or cod steaks
Parsley
Lemon

Boil halibut in salted water until fish is tender or sauté in VIKO Aluminum Skillet. Place on platter and pour following Cheese Sauce over fish. Garnish with parsley and sliced lemon. Serves six.

Cheese Sauce

2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
⅛ teaspoon pepper
1 cup milk
¾ cup grated American cheese

Melt the butter in VIKO Aluminum Double Boiler, when the butter is melted, add flour and mix well, add milk, stirring constantly, add seasonings and grated cheese, cook until mixture thickens and cheese is well blended into sauce.

BAKED STUFFED FISH

3 lb. fish
1½ teaspoons salt
Pepper

Scale, bone, and wash the fish. Sprinkle with salt and pepper. Fill with the following dressing:

1 cup cracker crumbs
2 tablespoons chopped olives
2 tablespoons chopped parsley
2 tablespoons chopped sweet pickles
Melted butter to moisten

Sew or skewer sides to prevent dressing from escaping. Place in oiled VIKO Aluminum Roasting Pan. Brush the top with melted butter. Pour enough hot water into the pan to barely cover the bottom. Bake in a moderate oven, 350° F., for 45 to 60 minutes. Remove to hot serving platter, garnish with parsley and red button radishes.

BROILED FISH

3 lb. fish
1½ teaspoons salt
Pepper
4 tablespoons melted butter
1 cup grated American cheese

Scale, bone, and wash the fish. Place in buttered VIKO Aluminum Roasting Pan with the skin side of the fish up in the pan. When the skin is blistered and loose, remove it with a fork and season the meat with salt, pepper, and melted butter. Broil 20 minutes, or until done, under moderate heat. At the end of 15 minutes, sprinkle the cheese over the fish, and continue broiling 5 minutes until cheese is melted and slightly brown.

SALMON BALLS

2 cups cooked rice
1 cup salmon
Salt and pepper
¼ cup melted butter or substitute
2 eggs, well beaten

Bake salmon. Remove bones. Add rice, butter or substitute, and eggs. Season to taste. Mix lightly with 2 forks. Form in balls. Fry in deep fat at 375° F., in VIKO Aluminum French Fryer until brown. Drain on crumpled absorbent paper. A little chopped sweet pepper, 1 tablespoon of pickle, or a little lemon juice added to above makes delicious variations. Serves eight.

STEAMED SALMON LOAF

1 can salmon, drained
2 eggs, beaten
1 cup milk
½ teaspoon salt
Pepper
1½ teaspoons parsley
1 cup cracker crumbs

Remove the dark skin and bones from the salmon. Beat the eggs, add the milk, salt, pepper, parsley, cracker crumbs, and salmon. Mix thoroughly and pour into well oiled VIKO Aluminum Pan and steam 1 hour. Serve with lemon sauce.

SALMON RING WITH NOODLES

1 large can salmon
1 cup cracker crumbs
1 cup milk
3 or 4 eggs, separated
Celery salt
Paprika
Hard cooked eggs (if desired)

Bone and flake the salmon. Beat the egg yolks and whites separately with VIKO Aluminum Instant-Whip Beater. Add milk, crumbs, seasoning, and salmon, to egg yolks. Fold in egg whites. Pour into a well greased VIKO Aluminum Ring Mold, set in a larger aluminum pan with a small amount of hot water and bake in a moderate oven at 350° F., until firm, about 45 minutes.
If desired, hard cooked eggs may be packed in the loaf.
Serve hot with buttered noodles in the center. Garnish with stuffed tomatoes.

RED SALMON RING (Baked)

1 cup potatoes (2 medium)
⅓ cup milk
1 tablespoon lemon juice
1 can red salmon
1 egg
1 teaspoon salt

Boil the quartered peeled potatoes until tender in VIKO Aluminum Sauce Pan; drain and mash thoroughly; add salt and milk; beat vigorously. To this add the flaked salmon, beaten egg, and lemon juice. Mix thoroughly and pack in a well oiled VIKO Aluminum Ring Mold. Bake in a moderate oven, 350° F., for 45 minutes. Turn out on a platter or chop plate. Serve hot with lemon sauce.

SALMON STUFFED PEPPERS

3 large peppers
1 cup canned or left-over cooked salmon
1 cup medium thick white sauce
Salt and pepper to taste
2 tablespoons chili sauce
1 hard cooked egg, chopped
Buttered crumbs

Parboil the peppers, after first cutting them in half lengthwise and removing seeds and membranes. Remove bones and skin, flake the salmon, and mix with the cream sauce, seasonings and egg. Fill the pepper halves, cover with buttered bread crumbs, place in an oiled VIKO Aluminum Baking Pan and bake in a moderate oven (350° F.) for 30 minutes.

SCALLOPED SALMON OR TUNA

½ lb. can salmon or tuna fish
1 tablespoon butter
2 tablespoons flour
1½ cups milk
½ teaspoon salt
Pepper
2 boiled potatoes, sliced
1 hard cooked egg
1 cup buttered crumbs

Drain liquid from salmon or tuna fish. Remove skin and bones, and flake. Make a white sauce of the butter, flour, milk, salt and pepper in a VIKO Aluminum Double Boiler. Into a buttered VIKO Aluminum Pudding Pan, put a layer of fish, a layer of potato and a layer of sliced egg. Cover with white sauce. Repeat. Cover with crumbs and bake until brown. If tuna fish is used, add chopped pimiento and parsley.

BAKED TROUT WITH TOMATO SAUCE

2 lbs. trout
2 cups tomatoes
1 cup water
1 slice onion
3 cloves
½ tablespoon sugar
3 tablespoons butter
3 tablespoons flour
¾ teaspoon salt
⅛ teaspoon pepper

Cook tomatoes, water, onion, cloves, and sugar in a VIKO Aluminum Sauce Pan 20 minutes. Melt butter, add flour, and stir into the hot mixture. Add salt and pepper, cook ten minutes, and strain. Clean fish, put in VIKO Aluminum Baking Pan, pour half the sauce over the fish and bake 35 minutes, basting often. Remove to hot platter, pour remaining sauce over fish, and garnish with parsley.

TUNA FISH A LA KING

2 tablespoons butter
2 tablespoons flour
2 cups milk
1 teaspoon salt
1 can Tuna fish
1 cup peas
2 tablespoons chopped pimientos
2 hard cooked eggs sliced

Make white sauce of butter, flour and milk in VIKO Aluminum Double Boiler. Break fish into small pieces with a fork. Add to white sauce with other ingredients. Heat thoroughly and serve. Serve on toast, hot biscuits or pattie shells. Mushrooms or chopped green peppers may be added.

BAKED TUNA FISH

1 No. 1 can tuna fish
½ can peas (No. 2)
½ teaspoon salt
1 cup diced potatoes, cooked
1 cup diced carrots, cooked
2 cups medium white sauce
½ teaspoon curry powder (if desired)

Separate tuna fish into flakes. Add vegetables and seasonings. Mix with white sauce. Pour into a buttered VIKO Aluminum Pan. Cover with baking powder biscuits, rolled ½ inch thick. Bake 15 to 20 minutes at 450° F.

Biscuit Dough

2 cups sifted flour
3 tablespoons fat
4 teaspoons baking powder
1 teaspoon salt
¾ cup milk and water

Mix and sift the flour, baking powder, and salt. Cut in the cold fat until mixture looks like coarse corn meal. Add liquid gradually, to make a soft dough. Roll and cut into biscuits or drop on top of tuna fish mixture.

SOUFFLED TUNA FISH

3 eggs, separated
1½ cups milk
4 teaspoons salt
Pepper
1½ cups fine bread crumbs
10 oz. can tuna fish, flaked
1½ cups peas, drained

Beat the egg yolks and add the remaining ingredients. Then fold in the beaten egg whites. Pour into buttered VIKO Aluminum Baking and Dessert Pan and bake 30 to 40 minutes at 350° F. (If desired, buttered crumbs may be placed over the top.)

For convenience one may mix this 6 to 8 hours ahead of time. If this is done beat and fold in the egg whites until the mixture is ready for the oven.

FISH WITH HORSERADISH SAUCE

3 tablespoons fat
2 lbs. fresh fish
1 cup flour
1½ teaspoons salt
⅛ teaspoon pepper

Halibut and trout are very good fish to prepare in this manner. Sift the flour, salt, and pepper together. Dredge the fish on all sides in this flour mixture. Heat the fat very hot in the VIKO Aluminum Skillet. Reduce the heat, and brown the fish on all sides. When it is a golden brown, put on the cover, turn the heat low, and continue to cook for about 20 minutes. Serve very hot with the following sauce:

Horseradish Sauce

¼ cup horseradish
¼ cup butter
2 tablespoons lemon juice

FISH AND TOMATOES

2 lbs. trout
⅓ cup each carrots, onions and celery cut in small pieces
4 tablespoons butter
2 cloves
½ bay leaf
1 tablespoon salt
2 tablespoons vinegar
½ quart water
¼ teaspoon pepper

Cook carrot, onion, celery, and parsley with butter 3 minutes in a VIKO Aluminum Dutch Oven. Add remaining ingredients and bring to boiling point. Boil fish in this stock until partially done. Remove, place a layer of pared and sliced potatoes in bottom of pan; sprinkle with salt, pepper, flour, and butter. Repeat until pan is filled to desired amount. Cover with fish and pour stock over all. Bake 45 minutes.

FISH IN TOMATO SAUCE (Oven)

4½ lbs. fish
2¼ teaspoons salt
⅜ teaspoon pepper
½ cup melted butter
¾ cup tomato soup, thinned with ¾ cup water
3 tablespoons flour

Scale, bone, and wash the fish. Place in a VIKO Aluminum Roasting Pan with the skin side of the fish up in the pan. Place in a hot oven until the skin can be easily removed from the meat with a fork (about 10 minutes). Sprinkle with salt, pepper, and melted butter. Pour the thinned tomato soup blended with the flour over this. Place in a moderate oven, 350° F., and bake one hour and forty-five minutes.

CREAMED FINNAN HADDIE WITH POACHED EGGS

1 cup shredded Finnan Haddie
6 slices toast
2 cups medium white sauce
1 pimiento
Paprika

Combine Finnan Haddie with white sauce made in a VIKO Aluminum Double Boiler. Heat thoroughly. Serve on toast. Top with poached egg. Sprinkle with paprika. Garnish with strips of pimiento. Serves six.

LOBSTER MOUSSE

1 can lobster or
1 can crab meat (flaked)
1 package prepared lemon gelatin
1 tablespoon horseradish
½ cup celery, chopped fine
Juice of one onion
½ pint whipping cream

Dissolve gelatin in 1½ cups boiling water in an Aluminum Bowl. Cool and when slightly thickened, add other ingredients, folding in the whipped cream. Pour into individual VIKO Aluminum Ring Molds, or one large ring mold, and chill four or five hours. Serve on lettuce with Thousand Island Dressing.

SHRIMP CHOP SUEY

2 tablespoons butter
3 onions, sliced
4 tabelspoons Chinese Sauce
1 can Chinese Sprouts
1 can shrimp
Salt
Pepper

Place the butter in a VIKO Aluminum Skillet, place over medium heat. Brown the onions in the melted butter, then add the sauce and drained Chinese Bean Sprouts and cover. Cook over low heat until heat penetrates through the sprouts. Add the shrimps (which have been cleaned), and salt and pepper to taste. Cover for a few minutes. Serve very hot with rice.

SHRIMP NEWBURG

2 tablespoons butter
1½ tablespoons flour
¾ teaspoon salt
Few grains cayenne
¾ cup milk
2 cups fresh cooked or canned shrimp
2 egg yolks
1 tablespoon sherry flavoring

Melt butter in VIKO Aluminum Sauce Pan; add flour, salt, and cayenne and mix well. Add cream and milk gradually and bring to the boiling point, stirring constantly. Add shrimps. Just before serving add the beaten egg yolks and flavoring. Serve on rounds of crisp toast. Garnish with parsley and thin strips of pimiento.

SHRIMP WIGGLE

4 Servings

4 tablespoons butter
2 tablespoons flour
2 cups milk
¾ pound cooked shrimps
1 cup canned peas, drained
1 teaspoon pepper
½ cup celery

Melt butter in VIKO Aluminum Double Boiler, add flour, mix to a smooth paste, add milk gradually, stirring all the while. Cook until sauce thickens to coat the spoon, add shrimps, peas and celery, chopped very fine. Serve on toast, garnish with parsley and a dash of paprika.

DEVILED CRAB OR LOBSTER

2 cups lobster
¼ onion (minced)
1 teaspoon parsley (minced)
1 teaspoon Worcestershire sauce
Dash cayenne pepper
2 tablespoons butter
Crumbs

Mix all together except butter and crumbs. Pack in a VIKO Aluminum Pan, cover with buttered crumbs and bake 10 minutes.

FISH SAUCES

Lemon Butter Sauce

¼ cup butter
2 tablespoons lemon juice

Cream butter and add lemon juice.

Pimiento Butter Sauce

¼ cup butter
¼ cup finely chopped pimiento
1 tablespoon lemon juice
Speck Cayenne

Cream butter and beat in other ingredients.

Tartar Sauce

1 cup mayonnaise
1 tablespoon chopped capers
1 tablespoon chopped olives
1 tablespoon chopped sour pickles

Mix all ingredients thoroughly.

Cream Sauce

4 tablespoons butter or substitute
4 tablespoons flour
1 teaspoon salt and pepper
2 cups hot milk

Melt the butter in the top section of the VIKO Aluminum Double Boiler, blend in the flour, salt, and pepper. Add the hot milk and continue cooking over hot water about 15 minutes, stirring frequently. If the curry powder is desired, mix it in with the cream sauce.

ADDITIONAL RECIPES

ADDITIONAL RECIPES

COMBINATION DISHES

Combination Dishes explain themselves with their name. Because, it is often convenient for the busy woman to have the main part of her meal in one dish, these recipes are exceedingly popular.

The most important thing to remember is to have; (a) a combination of foods that blend well with each other (be sure to have starches, proteins and minerals represented), (b) an attractive appearance when served (have some color contrast), (c) a pleasing flavor.

These recipes are especially good for suppers, luncheons and picnics. With a crisp salad and a light dessert, combination dishes make serving meals a pleasure.

BEEF ROLLS WITH VEGETABLES

2 pounds flank steak
2 tablespoons fat
2 tablespoons prepared mustard
1 teaspoon salt
¼ teaspoon pepper
2 small onions, chopped
3 stalks celery
8 medium size potatoes
2 carrots, cut in fine strips
Flour
1 cup canned tomatoes.

Cut the steak into four pieces, a little longer than wide. Rub in the mustard. Prepare the celery and carrots, cutting them into Julienne strips, and roll inside of the pieces of steak. Fasten each roll with a metal skewer. Roll in seasoned flour and brown in the hot fat in VIKO Aluminum Dutch Oven. Add the onions and tomatoes. Cover and cook over low heat for 1 hour and 50 minutes. Add potatoes, allowing 30 to 45 minutes for cooking. Just before serving thicken the gravy, using 1 tablespoon flour to each cup liquid.

CABBAGE AND SAUSAGES

1 large cabbage
1½ tablespoons butter
1 small onion, minced
Salt
Pepper
Sausages

Trim, wash, and chop the cabbage. Cook until tender in salted water in VIKO Aluminum Sauce Pan. Drain and press out as much moisture as possible. Heat the butter in VIKO Aluminum Skillet. Fry the onion lightly, then put in cabbage, season with salt and pepper, and fry without browning until the butter is absorbed. Pile in the center of hot dish and arrange fried sausages around the mound of cabbage.

CALIFORNIA CHICKEN PIE

3 potatoes
3 carrots
1 small onion
1 small can peas
1 small can Lima beans
1½ cups white sauce
1 can tuna fish
Biscuits

Slice the potatoes and carrots, dice the onion, and cook in boiling salted water until tender; drain. Drain the peas and beans and add to the other vegetables. Combine with the white sauce to which the oil from the tuna fish has been added. Pour into buttered VIKO Aluminum Baking Pan. Flake the tuna fish, and place on top of vegetables. Place baking powder biscuit on tuna fish, and bake in a hot oven (450° F.) until biscuits are done.

CAULIFLOWER CENTERPIECE

1 cauliflower
6 small onions, boiled
1 can peas
Green beans
4 carrots, halved
Beets, boiled
Salt, pepper to taste
¼ cup butter

Trim out green leaves of the cauliflower. Wash and soak for 30 minutes in salt water. Cook beets in salt water in a VIKO Aluminum Vapor-Seal Cooker until tender. Steam cauliflower on half of the rack while the beets are cooking in the bottom. Clean carrots and put in one of the pans on the other half of the rack. In VIKO Aluminum Sauce Pans cook six small onions, green beans and peas. Drain cauliflower and put in center of platter, surround with green beans, row of onions, then the carrots cut in halves and placed around the edge of platter in "V" shape, at the opening of the "V" put buttered peas, in the top a little beet cut to resemble rose petals. Serve 6.

CHICKEN MACARONI PUDDING

⅓ pound macaroni broken into thirds
½ pound boned chicken, chopped
2 ounces chopped almonds
¼ pound sharp cheese—grated or diced
2 eggs
2 tablespoons milk or meat broth
¼ teaspoon salt

Boil the macaroni in VIKO Aluminum Sauce Pan in boiling salted water until tender. Drain. Beat the eggs, add the milk or chicken broth, salt, chicken and macaroni. Place in a VIKO Aluminum Baking Dish. Cover with almonds and cheese and bake in a moderate oven, 325° F., for 30 minutes.

CHILI CON CARNE AND RUSSIAN APPLES

6 tablespoons fat
1 onion
1 lb. ground beef
2 quarts boiling water
1 cup macaroni
1 No. 2½ can tomatoes
1 tablespoon salt
¾ to 1 tablespoon chili powder
1 can kidney beans

Brown onions in hot fat in the VIKO Aluminum Cooker. In this brown the meat; add salt, chili powder, macaroni, tomatoes, and boiling water; cover and cook 1 hour over low heat. Open cooker and add the kidney beans, cook another ½ hour. Serve hot. If the chili is thicker than desired, dilute with boiling water.

Russian Apples

Pare large tart apples, leaving a strip of skin about the middle; core thoroughly. Fill to overflowing with rich, old-fashioned mince meat. Place in pan of cooker, allowing 30 minutes to 45 minutes for cooking, depending upon the kind of apples. Serve hot with whipped cream and cheese.

AMERICAN CHOP SUEY

¼ lb. lean pork (diced)
1 onion (sliced)
2 cups soup stock
½ cup uncooked rice
1 bunch celery, diced
½ tablespoon salt
1 green pepper cut in strips
Parsley
1 cup mushrooms
¼ cup salted almonds (chopped fine)

Cut fat from meat. Put in VIKO Aluminum Dutch Oven and brown. Add meat and onion, and cook together until brown. Add celery, green pepper, rice, salt, chopped salted almonds, mushrooms and part of parsley. Cover and cook slowly 40 minutes. Serve hot with garnish of coarsely cut parsley. Serves six.

TAMALE LOAF

⅛ cup fat
1 medium onion, chopped
2½ cups canned tomatoes
1 cup corn meal
2 cups left-over or raw pork or beef, ground
2 eggs
1½ teaspoons salt
½ teaspoon pepper
1 teaspoon paprika
¾ cup canned corn

Fry onion in the heated fat in a VIKO Aluminum Sauce Pan until lightly browned. Add tomatoes; when hot, stir in corn meal. Cook 10 minutes. Stir to prevent lumping. Remove from fire. Add seasonings, meat, canned corn and eggs. Blend thoroughly. Pour into oiled VIKO Aluminum Loaf Pan. Bake 45 minutes in a moderate oven (350° F.)

VEGETARIAN PLATTER

1¼ cups uncooked rice
6 cups water
Salt
3 cups mashed, seasoned squash
1 can small whole beets
1 pt. fresh green peas
cheese sauce, if desired

Cook the rice in the salted water in a VIKO Aluminum Sauce Pan, and form into an oval border on an oblong platter. Inside the ring roughly arrange by tablespoons the heated squash. Inside this make a ring of the heated and seasoned beets. Fill the center with the hot cooked peas. Serve with or without cheese sauce. With this serve a green salad and a fruit pie.

CHEESE CUSTARD SPAGHETTI

¼ lb. spaghetti
1 tablespoon salt
Boiling water to cover

Boil the spaghetti in a large quantity of salted water in VIKO Aluminum Sauce Pan for 20 minutes until the spaghetti is well cooked. Drain, and combine the following ingredients:

½ lb. cheese, grated
2 eggs
2 cups rich milk
1 teaspoon salt
Paprika

Place a layer of cooked spaghetti in the buttered VIKO Aluminum Pudding Pan. Over this sprinkle half of the grated cheese. Alternate in this manner until the dish is about ¾ full. Beat the eggs and combine with the milk and salt, and pour this mixture over the cheese and spaghetti mixture. Sprinkle the top of the mixture with paprika; place in a moderate oven, 350° F., and bake about 45 minutes. This recipe calls for enough cheese that it serves as a protein and starchy food. This combined with a salad and a dessert constitutes a complete lunch.

CHEESE OMELET

3 eggs, separated
½ teaspoon salt
Speck of pepper
3 tablespoons hot water
¼ lb. grated cheese
1 teaspoon butter

Beat the egg yolks until thick, add salt, pepper, water, and some of the grated cheese. Fold into the whites of the eggs, beaten stiff with an Aluminum Instant-Whip Beater. Cook slowly in hot buttered VIKO Aluminum Omelet Pan until set and brown underneath. Dry off on the top grate of the oven. Cover one section of omelet with grated cheese, fold and sprinkle cheese over the top. Paprika sprinkled over the top adds a bright touch. Garnish platter with parsley.

FRIDAY SPECIAL

4 cups sliced boiled potatoes, or cooked macaroni
7 hard cooked eggs, sliced
½ lb. cheese, grated
Salt and pepper
Thin white sauce to cover

Butter VIKO Aluminum Skillet. Add alternate layers of potatoes, eggs, and cheese. Sprinkle each layer lightly with salt and pepper. Cover with well seasoned thin sauce. Remove handle from the skillet, cover and bake in a moderate oven, 350° F., for 45 minutes.

MACA-TUNA LOAF

3 cups cooked macaroni
1 can tuna fish (flaked in its oil and juice of ½ lemon squeezed over it)
1 beaten egg
½ cup celery, sliced
¾ cup cracker crumbs
⅛ to 1 green pepper (as desired), diced
1 small onion, diced
1 teaspoon salt
½ teaspoon pepper
1 cup milk
3 tablespoons butter
3 tablespoons flour
4 hard cooked eggs (if desired)

Combine macaroni, fish, celery, crumbs, onion, green pepper, and seasonings. Let stand while you make a white sauce of the butter, flour, and milk in a VIKO Aluminum Double Boiler. Mix with the first mixture and put into the oiled VIKO Aluminum Loaf Pan. If you wish to use hard cooked eggs in the loaf, cover bottom of baking pan with macaroni mixture, then place hard cooked eggs and cover them with rest of the ingredients. Place baking pan into a larger pan containing about ½ to 1 inch of water, which prevents the formation of a heavy crust, and bake 30 minutes at 375° F.

Garnish with parsley and tomato cups, made by cutting the tomato in half crosswise, notching the edges with a shears, scoop out a little of the inside and place a section of grapefruit, which has been skinned, on it. Place in the broiler for 5 minutes, until the juice of the grapefruit has started to drip into the tomato; gives a delightful, piquant taste.

BRAISED VEGETABLES WITH CHOPS

4 pork chops
1 bunch carrots, diced
1 small can tomatoes
4 potatoes, diced
2 onions, diced
1 small can peas
Salt
Pepper
2 bay leaves

Brown chops in hot fat in VIKO Aluminum Dutch Oven. Remove, then place the vegetables mixed with salt and pepper to taste, in utensil. Place pork chops which have been seasoned on top of vegetables. Cover and cook over low heat for 1½ hours.

VEGETABLE LUNCHEON

1 lb. kidney beans
1 cup diced carrots
1 green pepper, chopped
1 large onion
2 cups cooked tomatoes
½ cup rice
½ dozen large mushrooms

Soak beans in cold water overnight. Drain and cook in VIKO Aluminum Vapor-Seal Dutch Oven in boiling water slowly for 4 hours. A ham bone or piece of bacon cooked with them improves the flavor. Drain, add carrots, peppers, sliced onion and tomatoes. Simmer until tender. Boil rice separately in salted water in VIKO Aluminum Double Boiler, drain, add to vegetables. Garnish with green peppers or parsley and mushrooms.

PORK CHOPS GLORIFIED

6 pork chops
3 tablespoons flour
1 teaspoon salt
½ teaspoon sage
2 cups water
½ cup raisins
3 apples
Sugar

Dip the pork chops into the flour mixed with the salt and sage. Brown on both sides in hot fat in the VIKO Aluminum Skillet. Remove the chops, and to the fryings left in the pan, add the remainder of the dredging flour (add a little more if needed), let brown lightly, then stir in the water and raisins. Cook, stirring, until thick, then remove. Place the browned chops in the skillet, and cover with the seasoned liquid. Peel the apples, core, and cut them in halves crosswise; place half an apple on top of each chop. Fill the center of each apple with sugar, also sprinkle a little sugar on top of each apple. Cover, and cook over very low heat for 20 to 30 minutes.

PORK CHOP ITALIAN

6 pork chops
1 can mushrooms
2 tablespoons vinegar
1½ cups water
2 cloves
Few grains mace
½ teaspoon salt
2 tablespoons fat
1 teaspoon corn syrup
1 tablespoon corn starch
½ cup strained tomato
1½ teaspoons lemon juice
Salt and pepper

Brown the pork chops in VIKO Aluminum Skillet. Cook the mushrooms in the vinegar water with cloves, mace, and salt. Remove the mushrooms and slice them. Strain the sauce, add the fat and syrup, and cook for a few minutes. Add the corn starch that has been dissolved in a little cold water, the tomato, lemon juice, and salt and pepper to taste. Cook for about ten minutes. Add mushrooms. Put the pork chops on a platter, and pour the sauce on them. Surround with a border of cooked rice or noodles.

ROMAN HOLIDAY

¼ cup fat
1 onion, chopped
2 cups cooked spaghetti
1 pound hamburger
1 teaspoon salt
⅛ teaspoon pepper
1½ cups canned tomatoes
¾ cup grated cheese

Heat fat in a VIKO Aluminum Skillet. Fry the onion in fat. Add meat and seasonings. Cook 5 minutes. Make a layer of spaghetti in oiled VIKO Aluminum Pudding Pan. Add meat mixture and its drippings. Then add another layer of spaghetti. Pour in tomatoes. Sprinkle with grated cheese. Cover dish. Bake in moderate oven (350° F.) 35 minutes. Remove cover. Bake 10 minutes longer.

VEGETABLE STEW

1 lb. sliced smoked ham
Boiling water
3 sweet potatoes
1 No. 2 can peas
Salt (if necessary)
Pepper to taste

Cut the ham in small cubes and brown in the VIKO Aluminum Dutch Oven. Add enough boiling water to cover the ham, cover the pan, turn the heat low, and cook 1 hour. Dice the pared sweet potatoes and add to the meat; cook 20 minutes. Add the peas and cook 10 minutes longer. Serve very hot with a crisp salad.

SCALLOP ROYALE

6 hard-boiled eggs
1 cup ground, boiled ham
1 pt. white sauce
1 cup cracker crumbs
¼ cup butter or substitute

Separate yolks and whites of eggs. Mince whites, mash yolks, then mix with ham. Add white sauce. Turn into VIKO Aluminum Baking Pan, and cover with crumbs moistened with the butter. Bake 20 minutes in a hot oven (400° F.).

SEVEN LAYER DINNER

1 cup uncooked rice
½ cup chopped celery
1 cup chopped onion
1 large or 2 medium potatoes
1 No. 2 can tomatoes
1 green pepper, chopped
1 lb. round steak, ground
3 tablespoons flour
4 tablespoons chili sauce
½ onion
Salt
Pepper

Arrange washed rice in bottom of greased VIKO Aluminum Dutch Oven. Add other ingredients in order given, seasoning each layer with salt and pepper. Make dainty meat balls by mixing meat, flour, chili sauce, salt, pepper and some onion, then place on top of ingredients. Bake at 350° F., or cook on top of range over low heat for 45 minutes.

SHEPHERDS PIE IN RING MOLD

4 cups cooked meat (chopped fine)
1 teaspoon salt
½ teaspoon pepper
1 onion (chopped fine)
2 tablespoons chopped parsley

Mix meat, salt, pepper, onion and parsley. Mix thoroughly. Line a greased VIKO Aluminum Ring Mold with mashed potato or cooked rice. Fill dish with meat mixture, cover with a layer of potato or rice. Dot with butter. Bake in a moderate oven (350° F.) for one hour. Garnish with parsley and fresh tomatoes.

16TH STREET STEW

1 lb. ground round steak
½ cup diced bacon
1 green pepper, diced
1 large Spanish onion, diced
1 teaspoon prepared mustard
1 tablespoon vinegar
6 potatoes, sliced
Salt and pepper
2 cups boiling water

Brown the meat with the bacon, green pepper, and onion in hot fat in VIKO Aluminum Skillet. Add the mustard and vinegar, potatoes, salt and pepper to taste, and boiling water. Cover the skillet, and cook over low heat for about 1 hour. Serves six.

SPANISH LIVER

3 slices bacon
1 lb. calves liver, sliced thin
5 medium sized onions
2 cups cooked tomatoes
½ cup uncooked rice
1 large green pepper
2½ teaspoons salt
¼ teaspoon pepper

Dice the bacon and fry until crisp in VIKO Aluminum Skillet. Brown the liver in this, turning several times. Remove the liver from the skillet, add the sliced onions and green pepper, and let them brown slightly. Add washed rice, tomatoes and the liver. Cover, turn the heat very low, and allow to cook about 45 minutes. Add salt and pepper to taste.

SPANISH STEW

1 lb. lean beef
½ cup flour
1 No. 2½ can tomatoes
Salt and pepper to taste
1 onion, sliced
1 green pepper
1 No. 2 can kidney beans

Cut the meat into 2" cubes. Place fat cut from the meat in the VIKO Aluminum Skillet and set over medium heat. Roll the meat in flour and brown on all sides in the hot fat. Add the tomatoes, onions and some salt and pepper. Cover and cook 1 to 1½ hours over low heat. Add the shredded green peppers and beans and continue to cook 20 minutes. Season to taste.

SPINACH RING

1 can spinach
1 teaspoon grated onion
½ cup fine bread crumbs
1 tablespoon butter
2 eggs (separated)
⅓ teaspoon Spanish paprika
⅛ teaspoon black pepper
1 teaspoon salt
2 cups thick cream sauce

Chop spinach fine and add grated onion, which has been browned in butter. Season with salt, black pepper, Spanish paprika and add the well beaten egg yolks. Mix the spinach with the cream sauce and fold in the well beaten egg whites. Place in buttered VIKO Aluminum Ring Mold and dust with cracker crumbs. Place in a pan of hot water and bake in a moderate oven (350° F.) for 45 minutes. Loosen the spinach by pressing from the side of the mold with a knife, turn out on a hot platter. Garnish with strips of pimiento or slices of lemon or hard cooked egg.

SUKI YAKI

2 teaspoons beef suet
1 lb. beef tenderloin
3 cups celery, diced
3 onions, sliced thin
1 potato, sliced thick
6 tablespoons Chinese Soy sauce
(Egg for each individual served)

Melt the suet in the VIKO Aluminum Skillet. Then fry in this for a few minutes the tenderloin which has been sliced very thin. Add the other ingredients. Stir until well mixed, then cover, and cook over very low heat until the vegetables are tender.

The Japanese serve this very hot from a bowl on a charcoal stove in the center of the table. Since it is very hot, the food is dipped into raw egg (slightly beaten) before it is placed in the mouth. Each person has the egg placed in a small bowl on his cover.

SAVORY SAUSAGE

2 tablespoons fat or oil
1 large onion, peeled and sliced
1 cup uncooked rice
1 No. 2½ can tomatoes
1 cup water
1 cup diced celery
½ lb. pork sausage meat
1 teaspoon salt

Melt the fat in VIKO Aluminum Sauce Pan, add onion and rice and cook until they are a golden brown. Add the remaining ingredients and bring to the boiling point. Cover and let simmer for 30 minutes. Then turn the heat very low for 15 minutes longer. An equal amount of sausage links cut in halves may be substituted for the meat in this recipe.

HUNGARIAN STEW

1 lb. lean veal (diced)
½ lb. lean beef (diced)
3 tablespoons shortening
4 potatoes (diced)
2 onions (sliced)
6 carrots (diced)
6 turnips (diced)
4 cups boiling water
1 teaspoon paprika
1 bay leaf
1 clove
4 tablespoons flour
1 chopped green pepper
2 tablespoons salt

Brown onion in melted fat in the VIKO Aluminum Dutch Oven; add meat and brown thoroughly. Add paprika and boiling water, cover, and let simmer for 1½ hours. Fry vegetables in VIKO Aluminum Skillet, add to meat after it has simmered 1½ hours, add salt, clove, bay leaf, and flour mixed with a little cold water. Add pepper—cover and let simmer in VIKO Aluminum Dutch Oven another 1½ hours. Serves 6.

MEAT BALLS AND CAULIFLOWER WITH TOMATO SAUCE

1½ lbs. ground beef
1 small onion, diced
1½ teaspoons salt
Pepper
3 slices bacon, shredded
1 cauliflower
1 No. 2½ can tomatoes
1 teaspoon salt
⅛ teaspoon pepper
3 tablespoons flour

Fry the bacon until crisp in the bottom of the VIKO Aluminum Cooker, using it over direct heat. Mix the beef, onion, 1½ teaspoons salt, pepper, and bacon together thoroughly. Form into meat balls. Fry the meat balls until brown on both sides in the hot bacon fat. Place the cauliflower which has been broken up into small sections in with the meat balls. Season the tomatoes with salt and pepper and pour over the meat balls and cauliflower. Place the cooker on the base, cover and continue cooking for one hour over low heat. Remove the meat and cauliflower. Mix the flour with ¼ cup cold water, add this to the tomato broth. Cook over direct heat for a few minutes. Then pour over the meat and cauliflower.

POTATO AND ONION PUFF

8 potatoes
2 onions
1 cup ham, ground
2 tablespoons butter
Salt and pepper
½ cup milk or stock
3 eggs, separated

Mash the hot cooked potatoes. Add the finely chopped onions and ground ham which have been browned in the butter. Add seasoning. Add the beaten egg yolks and milk or stock, then fold in the stiffly beaten egg whites. Pile lightly into buttered VIKO Aluminum Baking Pan and bake in a moderate oven, 350° F., for 45 minutes.

PORK CHOPS AND CORN

6 pork chops
1 No. 2 can corn
1 green pepper
1 teaspoon salt
Pepper
Buttered crumbs

Cut some of the fat from the pork chops and try out in VIKO Aluminum Dutch Oven. Broil the chops until brown on both sides; salt and pepper the chops. Chop the green pepper which has been cleaned and mix with the corn. Add salt and pepper. Place a layer of chops in the Dutch Oven, then a layer of corn, layer of chops, etc., until the amount is used. Pour the pork fat over this. Cover with buttered crumbs. Cook 45 minutes over low heat.

DINNER IN A DISH

4 tablespoons fat
2 green peppers, sliced
1 medium onion, chopped
1 lb. hamburger
1½ teaspoons salt
¼ teaspoon pepper
2 eggs
2 cups corn
4 medium tomatoes, sliced
½ cup buttered crumbs

Heat fat in VIKO Aluminum Vapor-Seal Dutch Oven. Add peppers and onion, and fry for 3 minutes. Add meat and blend thoroughly. Add seasonings and remove from fire. Stir in eggs and mix well. Pour into a bowl.

Put 1 cup of corn in the Dutch Oven, then half the meat mixture, then a layer of sliced tomatoes. Repeat. Cover with crumbs. Bake in a moderate oven (375° F.) for about 35 minutes.

DOVES

Grind any cold left-over meat and season well. Pat it into rolls or cakes like meat cakes, and wrap each one inside a hot cabbage leaf which has been parboiled. Place in well greased VIKO Alumnium Skillet and bake until light brown.

EAT MORE

2 tablespoons butter
1 lb. chopped beef
2½ to 3 cups cooked tomatoes
2 cups celery (diced)
1 package noodles
Salt and pepper
Cracker crumbs

Put noodles in VIKO Aluminum Sauce Pan in actively boiling water. Boil ten minutes. Drain. While the noodles are boiling, brown the butter in an Aluminum Skillet and cook the chopped beef in this until slightly brown. Add to this the cooked tomatoes, celery, noodles, and salt and pepper to taste. Bring to the boiling point and pour into oiled Aluminum Baking Dish. Cover with buttered crumbs. Bake 1 hour at 325° F.

GERMAN DINNER

1 package noodles
1 pound sausage meat
1 can sauerkraut
¼ teaspoon paprika

Brown the sausage. Cook the noodles in boiling salted water in VIKO Aluminum Dutch Oven. Rinse in cold water in strainer or colander. Put a layer of sauerkraut in the bottom of the Dutch Oven, then a layer of noodles, then a layer of sausage. Sprinkle top with paprika. Cook on top of stove 1 hour, over low heat.

GRILLED SURPRISE

6 slices toast
6 slices boiled ham
1½ cups milk
3 tablespoons butter
Dash cayenne pepper
1 can asparagus
¼ lb. sharp American cheese
3 tablespoons flour
1 teaspoon Worcestershire sauce
½ teaspoon salt

Wrap 2 or 3 stalks of asparagus in a slice of ham, (it may be necessary to fasten roll with toothpick), place on broiler and broil for 5 minutes.

Melt butter in VIKO Aluminum Double Boiler, blend in flour, add salt, add milk gradually, stirring all the time, and cook until thick; add grated cheese and cook until it is all melted. Add Worcestershire sauce and cayenne pepper.

Place grilled ham on slices of toast. Cover with cheese sauce. Garnish with sliced tomato and parsley.

CHOP SUEY

For 6 People, 2 Large Servings Each

1 lb. veal steak, diced
½ lb. pork steak, diced
2 cups celery (chopped)
1 large can mushrooms
2 bouillon cubes (or 2 cups meat stock) dissolved in 2 cups hot water
2 medium onions (chopped fine)
1 can bean sprouts
½ cup Chinese chestnuts (chopped)
1 can Chinese chop suey vegetables
½ cup chop suey sauce
4 tablespoons molasses
½-¾ cup flour
Salt and pepper

Brown the meat in a small amount of fat in VIKO Aluminum Cooker; add celery and onion, cover with water, then add all other vegetables, molasses and sauce, salt and pepper to taste. Cook over low heat for 45 minutes. Make a paste of flour and cold water, add to chop suey and cook until gravy is thickened. Serve with rice or Chinese noodles. More chop suey sauce may be added to suit the taste.

CHOW MEIN

1 veal shank (1½-2 lbs.)
Cold water
1 tablespoon salt
2 tablespoons butter
2 cups chopped celery
1½ cups sliced onions
⅛ teaspoon pepper
14 oz. can mushroom caps
1 No. 2 can Chinese vegetables
1½ tablespoons cornstarch
3 to 8 tablespoons Chinese Sauce
15 oz. can noodles (fried in butter and bread crumbs)
½ cup bread crumbs

Cover the veal shank with water in a VIKO Aluminum Dutch Oven, add salt and cook until the meat comes off the bone. Cool in the liquor, then dice the meat, pour the liquor in a bowl and save it. Melt fat in Dutch Oven and brown the veal, add celery, onions and pepper. Cover with some of the veal liquor and cook 20 minutes or until vegetables are tender. Add the Chinese vegetables and mushrooms, heat to boiling. Mix cornstarch with Chinese sauce and add to vegetable mixture, stirring all the time. Let simmer until mixture has thickened (2-4 minutes). Serve with fried noodles. Makes 6 liberal servings. Chicken may be used instead of veal.

TASTY NOODLE RING

2 cups uncooked noodles
1 cup white sauce
1½ teaspoons Worcestershire sauce
Dash of paprika
Dash of pepper
2 egg yolks
2 egg whites
2 cups ground boiled ham

Boil the noodles in rapidly boiling, salted water in a VIKO Aluminum Pan for about 30 minutes. Drain, season to taste with butter and salt.

To the white sauce add Worcestershire sauce, paprika, pepper, and beaten egg yolks. Mix thoroughly. Add the ham and noodles which have been drained thoroughly. Fold in the stiffly beaten egg whites. Pour into and pack firmly in well oiled VIKO Aluminum Ring Mold. Place in pan of boiling water, and bake at 325° F. for 30 minutes. Garnish with hot buttered beets around the mold, and peas in the center.

BAKED MUSHROOMS AND PEANUTS

- 1 cup shelled roasted peanuts
- 1 large can mushrooms
- 4 tablespoons flour
- 1½ cups milk and mushroom liquor
- ½ bay leaf
- 4 tablespoons butter
- 1 small carrot (diced)
- ½ small onion (diced)
- 1 tablespoon chopped parsley
- 1 teaspoon salt
- ¼ teaspoon pepper
- 4 tablespoons crumbs
- 1 tablespoon butter

Melt the butter in VIKO Aluminum Skillet; add onion, carrot, parsley and bay leaf. Brown in fat and fry. Then remove from fat, add flour, mix until smooth. Add milk gradually and stir after each addition. Add mushrooms, cut in slices and cook for 5 minutes.

Butter well, VIKO Aluminum Square Refrigerator Pan. Put in a layer of mushrooms, then a layer of peanuts, repeating until all ingredients are put into the pan. Sprinkle buttered crumbs over top. Bake at 375° F. for 15 minutes. (If you wish, you may leave the carrots, onion and parsley in the mixture, but remove the bay leaf.)

NEW ENGLAND DINNER

- 3½ lbs. corned beef
- 6 parsnips
- 9 carrots
- 6 beets
- 1 head cabbage
- 6 potatoes
- 6 turnips

Soak corned beef in cold water about ¾ hour to remove salt. Place in VIKO Aluminum Cooker. Cover with boiling water, place beets in upper pan without water, cover, cook for 1 hour. Remove cover, add parsnips, carrots and turnips around meat. Cover and cook another hour. At the end of the second hour add cabbage and potatoes around meat. Cook another hour and serve.

HAWAIIAN MEAT LOAF

- 3 cups meat—ham, veal and ham or beef and pork
- 2 cups crushed rice cereal flakes
- ¾ cup milk
- 1 egg
- ½ teaspoon pepper
- ⅔ teaspoon salt
- 1 teaspoon table sauce
- 4 parboiled potatoes, halved
- 4 slices canned pineapple

Combine all ingredients, except potatoes and pineapple, mixing very thoroughly. Form into loaf, place in a VIKO Aluminum Roaster, pour one cup water around meat and bake half an hour, after which remove cover, arrange pineapple on top of meat and place potatoes around it and cook ½ hour longer or until pineapple and potatoes are browned. Serves four.

PIGS IN POTATOES

- 2 cups left-over mashed potatoes
- ¼ teaspoon onion juice
- 1 tablespoon minced parsley
- 1 egg yolk
- 6 to 8 cooked sausages
- 1 egg
- 1 tablespoon cold water
- Bread crumbs

Add onion juice, parsley, and beaten egg yolk to potatoes, and beat thoroughly. Cover sausages with potato mixture and shape into croquettes. Roll in bread crumbs, dip in egg beaten with water, roll in crumbs, and fry in VIKO Aluminum French Fryer at 390° F. until brown.

ENGLISH PASTIES

Medium rich pie crust
1 cup raw carrots
1 cup raw potatoes
½ cup onions
¾ pound sirloin steak suet
¼ teaspoon pepper
1 teaspoon salt
Parsley

Roll medium rich pie crust as for pie. Cut square and cover half of it with the above ingredients which have been diced and mixed. Sprinkle a few drops of water over all and fold over other half of crust to cover. Pinch edges well, making a double fold. Prick upper crust with a fork to allow steam to escape. Bake 1 hour at 400° F. on VIKO Aluminum Cooky Sheet. This recipe makes 2 large pasties or 4 individual pasties.

BAKED PEAS AND ASPARAGUS

6 slices bacon
2 cups white sauce
1 can asparagus
1 No. 2 can peas
4-6 potatoes

Cut the bacon in small pieces, and brown in VIKO Aluminum Skillet. Prepare the white sauce of the following:

2 tablespoons butter
2 tablespoons flour
2 cups milk
Salt and pepper

In the greased VIKO Aluminum Pan place alternate layers of asparagus and peas. Add the browned bacon and 2 tablespoons bacon fat to the white sauce, and pour it over the vegetables. Cover with seasoned mashed potatoes and bake for 20 minutes at 400° F. Serves 6.

HOPPING JOHN

Salt
Pepper
2 cups peas
1 slice bacon
1 cup rice

Cook the peas until tender in VIKO Aluminum Sauce Pan. When nearly done, add the bacon. Season with salt and pepper. Then add the rice, being sure that there is sufficient liquor on the peas to cook the rice. Cook over low heat until the rice is tender. Serve with gravy.

HOT POT

1 can tomatoes
3 potatoes, diced
2 onions, diced
1 pimiento, diced
½ teaspoon paprika
½ teaspoon salt
Dash cayenne

Mix the above ingredients in a VIKO Aluminum Skillet. Cover, place over medium heat for 25 to 30 minutes until the potatoes are tender.

PORK DINNER

6 thick pork chops
6 large onions, sliced thin
6 tablespoons uncooked rice
Salt
Pepper
¼ teaspoon sugar
1 qt. canned tomatoes

Brown the chops on both sides in heated VIKO Aluminum Skillet. Place the sliced onions over the chops, then sprinkle with the uncooked rice. Add salt and pepper to each layer as it is put in the skillet. Add salt, pepper and sugar to the tomatoes, and pour over the mixture. Cover and cook over low heat for about 1½ hours.

HUNGARIAN GOULASH

1 lb. lean beef
1 lb. lean veal
2 tablespoons fat
1 large onion, diced
1 teaspoon paprika
1 can strained tomatoes
2 potatoes, cut in 1" cubes
2 teaspoons salt

Cut the meat into 1" squares and brown in hot fat with the onions, salt, and paprika in a VIKO Aluminum Dutch Oven. Add tomatoes. Turn the heat low and cook 1 hour. Open, add potatoes, cover, and continue cooking ½ hour.

HAM NOODLE RING

6 oz. package broad noodles
Boiling water
½ lb. boiled ham, ground
2 eggs
1 cup top milk or cream
1 cup sliced cooked carrots
1 cup cooked peas
1 cup cooked green beans

Cook the noodles in boiling water for 10 minutes, and drain. Grease VIKO Aluminum Ring Mold and fill with atlernate layers of ground ham and noodles. Beat the eggs slightly, add the cream, and pour over the ham and noodles. Steam in VIKO Aluminum Cooker or Dutch Oven for 30 minutes, or until firm. When done, turn out, fill the center with hot cooked vegetables, and garnish with the hot peas and beans.

ADDITIONAL RECIPES

ADDITIONAL RECIPES

SUBSTITUTES FOR MEAT

A protein dish which does not contain meat is quite often a problem to the busy housewife. Fish is always a good substitute. But for those who do not favor it, we are giving these added suggestions which are a continuation of the combination dishes but have the required protein in varied forms.

MACARONI AND BEANS AU GRATIN

¾ lb. American cheese
5 tablespoons bacon drippings
3 tablespoons flour
1 tablespoon chopped onion
½ cup cooked tomatoes
2 cups cooked canned kidney beans
Salt
Pepper
2 cups cooked macaroni

Grate cheese. Melt the bacon drippings in a VIKO Aluminum Skillet; add flour, chopped onion and tomatoes. Cook until slightly thickened. Then add beans and cook slowly, stirring occasionally until mixture is thickened. Season well. Mix together cooked and drained macaroni with one cup cheese and seasoning to taste. Place macaroni in a mound in the center of a buttered VIKO Aluminum Pudding Pan. Pour bean mixture around the macaroni, sprinkle with remaining cheese and bake in a moderate oven (350° F.) about 20 minutes. Serves eight to ten.

MACARONI RAREBIT

1 cup cooked macaroni (chopped fine)
¾ cup grated cheese
2 egg yolks
¼ teaspoon pepper
½ teaspoon salt
Dash of paprika
1 cup milk
1 tablespoon butter

Cook all together in a VIKO Aluminum Double Boiler till thick, smooth and creamy. Serve hot on whole wheat toast. Sprinkle with chopped parsley.

MACARONI RING

½ package macaroni rings
1 cup soft bread crumbs
1 cup grated American cheese
1 cup cream (evaporated milk may be used)
½ cup melted butter
½ small onion, grated
1½ chopped pimientos
3 eggs beaten separately
½ teaspoon salt—pepper to taste

Boil macaroni in a large VIKO Aluminum Kettle with plenty of water just long enough to become tender, wash and drain.
Mix bread crumbs, cream, grated cheese and melted butter, heat slightly, so all will beat together more easily; then add macaroni, beaten yolks, onion, salt, pepper, ½ of chopped pimientos and well beaten whites.
Pour into a well greased VIKO Aluminum Ring Mold. Steam or bake one hour in a moderate oven, 350° F.

Sauce for Serving Macaroni

Melt 3 tablespoons butter in VIKO Aluminum Double Boiler, add 3 tablespoons flour, mix until smooth; add 2 cups milk, 1 cup cream slowly. When thick add 1 lb. of cut mushrooms previously cooked. Fill center of ring with sauce; garnish with chopped parsley and pimientos.

NOODLE RING—Creamed Salmon

2 packages broad noodles
Boiling water
1 egg
½ cup top milk or cream
1½ teaspoons salt
¼ teaspoon pepper
Creamed salmon
1 can small whole beets

Cook the noodles in VIKO Aluminum Dutch Oven in boiling salted water for 10 minutes, and drain. Butter VIKO Aluminum Ring Mold and pack the noodles into it. Beat the eggs slightly, add the cream and seasonings and pour over the noodles. Steam in VIKO Aluminum Dutch Oven for 30 minutes, or until firm. When done, turn out, fill the center with creamed salmon, and garnish with small whole beets.

TOMATOES AND MACARONI

¾ cup macaroni, uncooked
2 cups tomato pulp
1 teaspoon salt
Pepper
½ small onion, diced fine

Break the macaroni into small sections, wash in cold water, and place in VIKO Aluminum Sauce Pan. Add the remaining ingredients. Cook 1 hour over low heat. Serve very hot.
Bacon which has been fried crisp, may be diced and added if desired. This gives a pleasing flavor. Serves 4 to 6.

RING OF PLENTY

1½ cups cooked macaroni
1 cup diced cheese
1 cup soft bread crumbs
1 tablespoon minced parsley
3 tablespoons minced pimiento
3 tablespoons melted butter or substitute
1 tablespoon minced onion
1 cup scalded milk
1 egg, well beaten
1 teaspoon salt
⅛ teaspoon pepper

Cut macaroni into short pieces. Combine ingredients in order given. Bake in well greased VIKO Aluminum Ring Mold set in a pan of hot water in a moderately hot oven, 375° F. until firm, about 35 minutes. Unmold. Serve hot. Center of ring may be filled with creamed left-over meat or fish.

LUNCHEON DISH

1 cup cooked spaghetti
1 cup bread crumbs
½ green pepper
1 tablespoon parsley

Cut spaghetti, green pepper and parsley fine. If desired you may put all these thru a food chopper.

1 cup grated cheese
1 cup milk
½ cup butter, melted
3 egg yolks
3 egg whites, beaten stiff
Add to above

Place in oiled VIKO Aluminum Loaf Pan set in hot water. Bake 1½ hours in a moderate oven, 350° F. Slice for serving. Serve with the following Mushroom Sauce:

4 tablespoons flour, browned
2 tablespoons melted butter
1 can mushrooms
Liquid from mushrooms and water
Salt and pepper

Made as cream sauce in a VIKO Aluminum Double Boiler.

POTATO NOODLES

5 to 6 medium potatoes
1½ teaspoons (about) salt
Flour
4 tablespoons butter or substitute
2 eggs
1 cup milk
⅛ teaspoon salt

Boil the potatoes until tender and grate into an Aluminum Mixing Bowl. Mix in the salt and enough flour to make a stiff dough. Form into small fingers or rolls. Melt the fat in the VIKO Aluminum Skillet and brown the rolls on all sides. While these are browning, beat the eggs, add the milk, and ⅛ teaspoon salt. Pour this over the brown fingers, remove handle from skillet, and bake about 20 minutes in a moderate oven, 350° F., or until the custard thickens. Potatoes which have stood from the day before may be used.

GOLDEN EGG NOODLES

⅔ cup egg yolks
3 tablespoons cold water
1 tablespoon vinegar
1 teaspoon salt
2 cups sifted flour

Sift flour and salt. Mix egg yolk, water and vinegar in an Aluminum Mixing Bowl, add flour all at one time and stir into a stiff dough. Divide dough into 5 parts and roll out very thin on a floured board. Place sheets of dough on towels to dry for 30 minutes (or until noodles will not stick together when cut). Roll up as for Jelly Roll and cut into fine strips, shake out and let dry. Noodles may be cooked immediately in actively boiling water or soup stock. Keep in paper bags for future use. For keeping be sure to dry well.

NOODLE RING

1 pkg. noodles Boiling water ½ cup melted butter

Drop the noodles slowly into actively boiling salted water in a VIKO Aluminum Dutch Oven. Never add the noodles so rapidly that the water ceases to boil. Boil 20 minutes. Drain the noodles, run cold water through them, then mix with the melted butter. Pack firmly into the greased VIKO Aluminum Ring Mold, set the mold into a pan of boiling water, place in a moderately hot oven, (350° F.) and bake for 45 minutes.

Place the serving plate inverted over the mold, and turn the two over at the same time. Shake the mold slightly, then lift from the noodles. The center may be filled with thickened stew, creamed fish, meat or chicken, sautéed mushrooms, etc. If you wish to prepare your own noodles, do it as follows:

3 eggs Flour 1½ teaspoons salt

Beat the eggs slightly with a fork, add salt, and beat in enough flour to roll. Turn the mixture on to a well floured board, and roll into a very thin sheet. Let stand 1½ to 2 hours to dry. Dust lightly with flour, cut into strips 2" wide, stack the strips on top of each other; cut into very fine shreds. Separate the shreds. Allow to dry about 15 minutes longer. Boil same as instructions given above.

NOODLE RING

1 pkg. egg noodles (wide)
3 eggs, separated
2 tablespoons butter
6 tablespoons cream
1½ teaspoons salt
¼ teaspoon pepper
Pimiento for garnish

Parboil the noodles for 5 minutes in a VIKO Aluminum Kettle in 4 quarts rapidly boiling water, to which 1 tablespoon salt has been added. Drain. Beat the egg yolks well, add the noodles, melted butter, cream, salt and pepper. Fold in the stiffly beaten egg whites. Bake for 45 minutes in well greased VIKO Aluminum Ring Mold, set in a pan of hot water. Turn out on a hot platter. Fill the center of the ring with creamed chicken, mushrooms, fish or meat. Garnish with slices of pimiento.

BOILED KING EGGS (a la King)

6 hard cooked eggs, sliced
3 tablespoons olive oil
½ teaspoon salt
Dash of paprika
1½ tablespoons lemon juice
3 oz. fresh mushrooms
1½ tablespoons butter
⅛ green pepper, shredded
2 teaspoons grated onion
1 cup cream
1 egg yolk, beaten

Mix olive oil, salt, paprika and lemon juice; scatter over sliced eggs and let stand 1 hour. Use caps only of mushrooms, sliced. Melt butter in VIKO Aluminum Sauce Pan and cook mushrooms, pepper and onion in it 4 minutes. Add cream, cook slowly 10 minutes, stirring frequently. Drain eggs, set dish over hot water and heat thoroughly (about 10 minutes). Add to beaten egg yolk the dressing drained from eggs, and add to hot mixture. Stir until egg is set (about 1 minute). Pour over hot egg slices and serve at once.
This is often served in ramekins.
Variation 1—Add just before serving 1 to 2 tablespoons non-alcoholic sherry.
Variation 2—Add other seasoning, or omit some of these, but keep mushrooms, for King Eggs.

BOILED TURKISH EGGS

6 hard cooked eggs
½ onion, sliced
½ tablespoon minced parsley
½ tablespoon minced chives
½ tablespoon butter
½ teaspoon flour
½ teaspoon salt
Dash of pepper
¼ cup White Wine

Cut around the center of egg whites, so as to slip yolks out whole. Keep yolks hot, slice whites. Cook together in VIKO Aluminum Sauce Pan for 4 minutes, onion, parsley, chives, butter, flour, salt and pepper. Add the lemon juice and sliced egg whites and cook 1 minute. Add yolks, keeping whole. Serve hot.
This dish can be made with vinegar or lemon juice instead of wine.

BLUSHING BUNNIES

3 eggs
3 slices of toast
1 can tomato soup
Seasoning

Poach eggs in VIKO Aluminum Skillet in tomato soup. Serve on rounds of buttered toast for Easter Sunday breakfast.

EGG LOAF

3 tablespoons butter
4½ tablespoons flour
1½ cups milk
1½ teaspoons salt
Pepper
¾ teaspoon Worcestershire Sauce
1¼ cups mushrooms, cut in small pieces
2 hard-cooked eggs
4 egg yolks
1 small can asparagus tips

Line a well buttered VIKO Aluminum Loaf Cake Pan with thoroughly drained asparagus tips. Melt butter in top of VIKO Aluminum Double Boiler, add flour, and stir until well blended; then pour in milk gradually while stirring constantly. Bring to boiling point and allow to cook until smooth. Add salt, pepper, hard-cooked eggs, and mushrooms to the white sauce. Cook 3 minutes longer. Remove from fire, cool, add egg yolks slightly beaten, and pour into the pan of asparagus. Bake at 325° F. for 30 minutes.

GYPSY EGGS

6 eggs
½ cup milk
2 tablespoons fat
4 tablespoons chopped green pepper
2 tablespoons grated yellow cheese
1 tablespoon tomato catsup
Salt to taste

Beat the eggs in an Aluminum Mixing Bowl and add the milk. Fry the fat, green pepper, cheese, and tomato catsup together in VIKO Aluminum Skillet. Cook for a few minutes and then turn in the beaten eggs. Stir to keep them from sticking to the bottom of the pan. When of the right consistency, serve on buttered rolls or slices of bread. Serves 4.

SCRAMBLED EGGS AND PEAS

1 can peas, drained
1 small onion, diced
½ teaspoon salt
½ teaspoon sugar
2 tablespoons butter
4 eggs, slightly beaten

Combine peas, onions, salt, and sugar, and about 3 tablespoons of the pea liquid in a VIKO Aluminum Skillet. Cook until the onion is tender. Melt in the butter, then pour in the eggs. Stir briskly over moderate heat until creamy. Serve at once, garnished with tiny croutons.

SHIRRED EGGS IN NEST

6 eggs
¾ teaspoon salt
⅛ teaspoon pepper
6 rounds buttered toast

Keep yolks in shells until needed. Beat whites stiff with an Aluminum Instant-Whip Beater, and pile on rounds of toast. Drop egg yolk (whole) in center of each. Sprinkle with salt and pepper. Moderate oven (325° F.) until set (6 to 8 minutes).

Variation—Egg Foam—Beat with egg whites 2 tablespoons cream and 2 tablespoons grated cheese.

SNAPPY SUPPER DISH

2 tablespoons butter
1 tablespoon flour
¼ teaspoon salt
Dash pepper
1 cup hot milk
¼ cup grated cheese
6 eggs
Canned asparagus
Toast

Make the white sauce of the first five ingredients in a VIKO Aluminum Sauce Pan. Gradually add grated cheese and stir until melted. Arrange hot asparagus on toast, pour cheese sauce over this; then place egg, poached in VIKO Aluminum Egg Poacher, on top. Garnish with pimiento.

SPANISH OMELET

3 eggs
½ teaspoon salt
Speck of pepper
3 tablespoons hot water
1 teaspoon butter

Beat the yolks of eggs until thick; add salt, pepper, and water. Fold into whites of the eggs which have been beaten stiff. Cook in a hot buttered VIKO Aluminum Omelet Pan until it sets and is brown underneath. Finish cooking on the top grate of the oven. Before folding place half of the following Spanish Sauce on omelet. Fold and pour remaining sauce over the top. Serve at once.

SPANISH SAUCE

2 tablespoons butter
1 tablespoon onion, finely chopped
6 olives, chopped
½ green pepper, chopped fine
1¾ cups tomatoes
¼ teaspoon salt
Few grains cayenne

Melt butter in VIKO Aluminum Sauce Pan; add the onions, olives, and green pepper, and cook for a few minutes; then add tomatoes, and cook until moisture has nearly evaporated. Add the remaining ingredients.

CHEESE CROQUETTES

3 tablespoons butter
¼ cup flour
⅔ cup milk
Yolks 2 eggs
1 cup milk cheese, cut in very small cubes
½ cup grated cheese
Salt and pepper
Few grains cayenne

Make a thick white sauce in the VIKO Aluminum Double Boiler, using butter, flour, and milk; add yolks of eggs without first beating, and stir until well mixed; then add grated cheese. As soon as cheese melts, remove from fire, fold in cheese cubes, and season with salt, pepper, and cayenne. Spread in a VIKO Aluminum Biscuit Pan and cool. Turn on a board, cut in small squares or strips, dip in crumbs, egg, and crumbs again. Fry in deep fat in VIKO Aluminum French Fryer and drain on brown paper.

CHEESE DREAMS

Spread slices of bread with grated Cheddar Cheese. Put two slices together, cut in triangular shapes and sauté in VIKO Aluminum Skillet in small amount of fat. (These may be toasted instead.) Tie with narrow colored ribbon. Serve hot.

CHEESE FONDUE

1 cup scalded milk
1 cup soft stale bread crumbs
¼ lb. mild cheese, cut in small pieces
1 tablespoon butter
½ teaspoon salt
Yolks 3 eggs
Whites 3 eggs

Mix first five ingredients; add yolks of eggs beaten until lemon-colored. Cut and fold in whites of eggs beaten until stiff. Pour in a buttered VIKO Aluminum Baking Dish, and bake 20 minutes in a moderate oven, 350° F.

CHEESE OMELET

3 eggs
½ teaspoon salt
Speck of pepper
3 tablespoons hot water
¼ lb. grated cheese
1 teaspoon butter

Beat the egg yolks until thick, add salt, pepper, water, and some of the grated cheese. Fold into the stiffly beaten egg whites. Cook slowly in hot, buttered VIKO Aluminum Omelet Pan until set and brown underneath. Dry on the top grate of the oven. Cover one section of omelet with grated cheese, fold and sprinkle cheese over the top. Paprika sprinkled over the top adds a bright touch. Garnish platter with parsley.

CHEESE-BEAN ROAST

1 lb. can kidney beans
½ lb. American cheese
2 onions, chopped fine
1 tablespoon butter
1 cup bread crumbs
Salt, pepper, paprika
2 eggs

Drain liquid from beans; run beans and cheese through meat chopper. Cook onion in butter. Combine ingredients, add seasonings, and beaten eggs. Pack into oiled VIKO Aluminum Loaf Pan and cover the top with buttered crumbs. Bake at 350° F. until browned. Serve with tomato sauce.

CHEESE SOUFFLÉ

2 tablespoons butter
3 tablespoons flour
½ cup scalded milk
½ teaspoon salt
Few grains cayenne
¼ cup grated Old English or young American cheese
Yolks 3 eggs
Whites 3 eggs

Melt butter in top of VIKO Aluminum Double Boiler; add flour, and when well mixed add gradually scalded milk. Then add salt, cayenne, and cheese. Remove from heat; add yolks of eggs beaten until lemon-colored. Cool mixture, and cut and fold in whites of eggs beaten until stiff and dry. Pour into a buttered VIKO Aluminum Baking Dish, and bake 20 minutes in a slow oven. Serve at once.

CHILALY

1 tablespoon butter
2 tablespoons finely chopped green pepper
1½ tablespoons chopped onion
½ cup canned tomato pulp
¾ lb. soft, strong cheese
¾ teaspoon salt
Few grains cayenne
2 tablespoons milk, beer or gingerale
1 egg

Cook butter with pepper and onion three minutes in VIKO Aluminum Double Boiler, stirring constantly. Add tomatoes, from which liquor has been drained, and cook five minutes. Add cheese cut in small pieces, salt, and cayenne. Cook over hot water until cheese is melted; then add milk and egg slightly beaten. Serve on squares of bread toasted on one side, or zephyrettes or when cold use as a sandwich filling.

MOCK RAREBIT

3 tablespoons butter
3 tablespoons flour
1½ cups milk
½ teaspoon salt
¼ teaspoon pepper
Dash of paprika
1 cup grated cheese
Few drops Worcestershire Sauce

Melt the butter in the top of VIKO Aluminum Double Boiler, stir in the flour and mix well together. Add the milk and seasonings, and cook, stirring constantly until it thickens. Add the grated cheese, and the Worcestershire Sauce. Serve on toast, sprinkling a little paprika over each serving. This is easier to keep in good condition than real rarebit. If it must stand for some minutes before being served, keep it in the double boiler over hot water. Serves six.

MOLDED CHEESE RING

3 ozs. cream cheese
2 cups cottage cheese
2 tablespoons chopped green pepper
½ teaspoon salt
½ teaspoon scraped onion
½ teaspoon Worcestershire sauce
Cayenne
1 tablespoon gelatin
2 tablespoons cold water

Soak gelatin in cold water ten minutes and dissolve over hot water. Mash cheeses and blend with seasonings. Add dissolved gelatin and pour into VIKO Aluminum Ring Mold which has been rinsed with cold water. Set in refrigerator to congeal. Unmold on platter, fill center with mixed vegetables, chicken or tuna salad. Garnish as desired and serve with mayonnaise.

RED RAREBIT

½ lb. grated American cheese
½ teaspoon salt
Few grains cayenne
1 can tomato soup
Toasted crackers

Melt cheese in a VIKO Aluminum Double Boiler over low heat. Add salt, cayenne, and tomato soup. Stir until well mixed and heat thoroughly. Serve on toasted crackers or crisp toast.

ADDITIONAL RECIPES

SALADS

Salads are the crisp refreshing accompaniments to a meal or the main dish of a luncheon.

All greens make delicious salads; they should be thoroughly washed in cold water, put into a moist cheese cloth bag and allowed to remain in the refrigerator until ready to serve. Do not discard the outer leaves of lettuce, cabbage, romaine, etc.—as these may be shredded and used as the foundation for another salad.

Serve salads at least once a day, the kind depends upon the season of the year and the meal it accompanies. They need not be elaborate, but should be attractive, for appearance does affect the appetite and digestion. Molded salads are ideal for special meals.

When preparing meat or vegetable salads, combine foods to be used and marinate and chill for 1 or 2 hours before serving.

Vary the dressing you use and do not put it on the salad until ready to serve as it has a tendency to wilt the greens.

APPLE SURPRISE SALAD

4 medium size apples
4 cups of water
½ cup red cinnamon drops
1 small can crushed pineapple
Cranberry jell

Pare, core, and cut apples in half, crosswise. Cook until red in syrup made with water and cinnamon drops in VIKO Aluminum Sauce Pan. Chill apples, pineapple and cranberry jell. Fill apples with crushed pineapple, top with a piece of jell and serve in a nest of parsley. Place cubes of jell on the parsley.

APPLE AND CELERY SALAD

4 quarts unpared apples
2 quarts celery
½ cup lemon juice
Cream or cream Mayonnaise Dressing

Cut apples in one-half inch cubes, and celery in pieces of the same size, before measuring. Marinate apples with lemon juice or French Dressing, as fast as cut, to prevent discoloration. Just before serving mix apple, celery, and Cream or Cream Mayonnaise Dressing. Arrange on lettuce leaves and put a spoonful of dressing on top of each serving. One cup English Walnut meats, broken in pieces, may be added if desired. Serves 48

APPLE CRANBERRY SALAD

2 cups cranberries
1 cup water
1 cup sugar
¼ cup chopped nuts
1½ cups celery, diced
1½ tablespoons gelatin, dissolved in 3 tablespoons cold water
1½ cups apples, diced

Cook the cranberries and water together about 5 minutes in a VIKO Aluminum Sauce Pan. Force through a VIKO Aluminum Food Press. Add the sugar to the pulp, and cook about 5 minutes, until dissolved. Pour this over the gelatin which has soaked 10 minutes in the cold water. Cool slightly, add the other ingredients, and pour into VIKO Large or Individual Ring Molds. After 6 or more hours, unmold and serve at once.

MOLDED APPLE SALAD (Serves 6)

1 pkg. prepared lemon gelatin
½ cup nuts
1 cup chopped apple
½ cup chopped celery

Dissolve gelatin in 1 cup boiling water. Then add 1 cup ice water. Chill until thickened, then add remaining ingredients. Pour into individual Aluminum Molds.

RED APPLE SALAD

1 cup diced red apple
1 cup diced celery or shredded cabbage
1 cup mayonnaise dressing
2 tablespoons minced green pepper
1 cup black walnuts or butternuts
1 cup grapefruit or orange pulp
Lettuce (if cabbage is not used)

Do not peel apples, but be sure to select unspotted fruit, then dice and combine with grapefruit, nuts, green pepper, and mayonnaise dressing in an Aluminum Mixing Bowl.

If cabbage is used, omit celery and serve the combination on the cabbage which has been dressed with orange or grapefruit juice, a little lemon juice, sugar and paprika. If cabbage is omitted serve on nests of lettuce. This makes an excellent winter salad.

AMERICAN BEAUTY SALAD

2 medium size beets
½ lb. cottage cheese
2 tablespoons cream
⅛ teaspoon white pepper
¼ teaspoon paprika
¼ teaspoon salt
Lettuce
Mayonnaise

Wash beets, cook until tender in a VIKO Aluminum Sauce Pan. Remove skins, cool, then scoop out centers. Combine cottage cheese with cream and seasonings. Fill beet centers with this mixture. Garnish with bits of beet taken from centers. Place on crisp lettuce, and serve with mayonnaise.

ASHEVILLE SALAD

1 tablespoon gelatin
¼ cup cold water
1 can tomato soup
3 oz. cream cheese
1 cup mayonnaise dressing
¾ cup chopped celery
¾ cup chopped green pepper
1 teaspoon grated onion

Soak gelatin for 5 minutes in the cold water. Meanwhile bring the tomato soup to a boil in a VIKO Aluminum Sauce Pan, add cream cheese, and stir until smooth. Pour this on softened gelatin. When the mixture is partly cool add the mayonnaise and the vegetables. Fill eight VIKO Aluminum Individual Molds with the mixture, and chill thoroughly. Unmold on lettuce and garnish with slices of stuffed olives and mayonnaise.

JELLIED ASPARAGUS SALAD

2 tablespoons granulated gelatin
1 cup cold water
2 cups boiling water
¾ cup sugar
1 teaspoon salt
½ cup mild vinegar or lemon juice
1 can asparagus tips

Soak gelatin in cold water for five minutes and dissolve in boiling water. Add sugar and dissolve, then add salt and vinegar. Cool, coat individual Aluminum Molds with gelatin and place in refrigerator until it begins to thicken. Line molds with asparagus tips placed at regular intervals. Return to refrigerator until set. Add the rest of the gelatin carefully, and place molds in refrigerator to chill. Serve on lettuce.

CHERRY SALAD

1 pkg. prepared lemon gelatin
2 cups boiling water
½ cup maraschino cherries (cut in halves)
½ cup canned pineapple (diced)
½ cup marshmallows (cut in pieces)

Dissolve the gelatin in boiling water. Chill. When slightly thickened, fold in the fruit and marshmallows. Turn into VIKO Aluminum Individual Molds that have been rinsed in cold water. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise mixed with whipped cream and top with a cherry or hatchet cut from fruit by means of a small pair of scissors.

PRESSED CHEESE SALAD

1 pkg. (3 oz.) cream cheese
Cream
¼ cup chopped nuts
¼ cup chopped pimiento
¼ cup chopped ripe olives
Salt
Paprika
Dash of tobasco sauce
Lettuce
Tomatoes, sliced
Dressing

Soften the cheese with cream in an Aluminum Mixing Bowl. Add nuts, pimiento, olives and seasonings to taste. Press into individual VIKO Aluminum Molds, and chill for two hours. Unmold and slice. On a bed of lettuce place a slice of tomato, then a slice of the pressed cheese, and serve with desired dressing.

CHICKEN SALAD

Equal portions of chicken (or chicken and veal) and celery
French dressing
Mayonnaise dressing

Cut cold boiled or roast chicken in one-half inch cubes or pieces; put into an Aluminum Mixing Bowl and marinate with French Dressing. Chill. Cut celery in half-inch pieces and chill. Just before serving, mix chicken and celery, pile on lettuce leaves and put a tablespoonful of dressing on top of each serving. Garnish with hard-cooked eggs.

CHRISTMAS SALAD

6 cups cranberries
4 cups water
4 pkgs. prepared lemon gelatin
3 cups sugar
2 pounds white grapes

Cook the cranberries in a VIKO Aluminum Sauce Pan in the water until soft. Strain, measure and pour it on the gelatin while it is still hot. Add enough water to this to make up the total amount of liquid needed for the four packages of gelatin. Pour into large fluted aluminum mold and when it begins to set, fold in the seeded and halved white grapes. Garnish as desired and serve. Serves 30.

CHRISTMAS STAR SALAD

1 level tablespoon gelatin
¼ cup cold water
1½ cups canned tomatoes
1 tablespoon onion juice
1 tablespoon vinegar or lemon juice
¼ teaspoon salt
¼ cup celery, cut in small pieces
½ bay leaf
Few grains cayenne

Soak gelatin in cold water about five minutes. Combine remaining ingredients, except vinegar, in a VIKO Aluminum Sauce Pan, and bring to boiling point, allowing to boil ten minutes. Add vinegar and soaked gelatin. When gelatin is dissolved strain and pour into a wet VIKO Aluminum Biscuit Pan to the depth of about half an inch. When firm, cut in star shapes with Aluminum Star Cooky Cutter. Remove carefully to salad plates. Place a small ball of cream cheese and stuffed olive in center of each star. Garnish with lettuce or parsley. Serve with mayonnaise dressing. Serves 6.

CINNAMON APPLE SALAD

2 cups sugar
1 cup red cinnamon candies
½ cup water

Make a syrup by combining the sugar, water and cinnamon candies, and boiling three minutes in VIKO Aluminum Sauce Pan. Pare and core firm apples and cook in the syrup until tender. Remove and chill. Stuff with a mixture of dates, nuts and Magic Mayonnaise. Place on lettuce hearts, and serve with dressing.

CRANBERRY RING WITH SPICED PEACHES

For the Ring—
2 pounds of cranberries
1 teaspoon of grated orange rind
Sugar

For the Peaches—
1 large can of halved peaches
½ cup vinegar
1 cup sugar
A spice bag—2 or 3 inches of stick cinnamon, 6 cloves, 6 allspice, and a small piece of dried ginger, all tied in a bit of cheesecloth.

Pick over and wash cranberries, and cook in VIKO Aluminum Sauce Pan in water just enough to cover, until all are popped open. Strain, measure, and allow ⅞ cup of sugar for each cup of juice. Add the grated orange rind, and boil rapidly 10 minutes; turn into a wet VIKO Aluminum Ring Mold, and chill in the refrigerator. At serving time dip the ring in warm water, invert carefully on a large round plate and fill the center of the sparkling ring with sliced peach halves which have been prepared as follows and chilled:

Drain the syrup from the canned peaches and combine it with the vinegar, sugar, and also a few slices of lemon, if desired, in a VIKO Aluminum Sauce Pan. Put in the spice bag and cook for 10 minutes. Carefully place the peach halves in this simmering syrup, and allow all to cook gently for 20 minutes more, then remove the fruit to a colander to cool and drain. Reserve the syrup for later use—it is delicious for basting rich winter roasts, such as roast pork or baked ham.

DEVILED EGG IN TOMATO ASPIC

1 quart cooked tomatoes
2 tablespoons granulated gelatin
¼ cup cold water
½ cup raw carrot, diced
2 sprigs parsley, chopped fine
1 onion, sliced
1 teaspoon peppercorns
¼ teaspoon red pepper
3 cloves
1 small blade mace
2 tablespoons green pepper, grated
1 cup diced celery
2 teaspoons salt
Eggs
1 cup stuffed olives, sliced

Cook all the ingredients, except gelatin and cold water, together in VIKO Aluminum Sauce Pan, for 30 minutes. Strain thru VIKO Aluminum Rotary Food Press, pour over gelatin which has been soaked in cold water, and stir until gelatin is dissolved; add sliced olives. Cover the bottom of a loaf pan with some of the aspic, add a layer of sliced deviled eggs, and cover with remaining aspic. Chill. Slice and serve on lettuce leaf.

EASTER SALAD

Hard cook in a VIKO Aluminum Sauce Pan the desired number of eggs (one to a serving). While hot, remove shell, and with the tips of the fingers press the egg until flat on both ends to represent an apple, or narrow at one end to represent a pear. With color pastes, tint the "fruit" with yellow and red, insert whole cloves at either end, allowing the long stem of the clove to protrude at top as fruit stem. Cut leaf from lettuce and attach with "stem". Serve on nest of shredded lettuce.

STUFFED EGG RING

1 pint prepared lemon gelatin
7 stuffed eggs
½ cup sliced stuffed olives

Stuffed eggs are made by cooking the eggs hard in a VIKO Aluminum Sauce Pan; shell; remove and mash the yolks; season the yolks to taste with salt, pepper, mustard, and vinegar; then refill, and place the halves together. Distribute in the VIKO Aluminum Ring Mold, sprinkle with stuffed olive slices, and over these pour the cold lemon gelatin mixture. Allow 6 to 12 hours for solidification. Serve with mayonnaise in the center, toasted jelly sandwiches or potato chips around the edge. Garnish with lettuce or parsley.

EMERALD SALAD

1 package prepared lime gelatin
1 cup boiling water
1 cup cold water
1 can peach halves

Dissolve gelatin in boiling water, add cold water. Arrange halves of canned peaches in bottom of VIKO Aluminum Ring Mold, and when the gelatin is partially congealed, pour over the peaches. Chill thoroughly and serve on lettuce.

FROZEN FRUIT SALAD

1 tablespoon gelatin dissolved in ¼ cup cold water
1 orange
2 slices pineapple
¾ cup Royal Anne cherries
12 maraschino cherries
1 cup whipping cream
1 cup fruit salad dressing
1 banana

Free orange from skin and rind. Cut pineapple fine, and halve the cherries. Place fruit in refrigerator to chill. Whip cream and combine with salad dressing and gelatin. Combine fruit and add thinly sliced banana. Add fruits to cream mixture. Pour into individual Aluminum Molds and freeze 4 to 6 hours.

FRUIT SALAD DRESSING

1 teaspoon gelatin
¼ cup cold water
½ cup maple syrup
1 tablespoon flour
2 tablespoons sugar
Juice of 2 lemons
2 egg yolks
½ cup whipping cream

Dissolve gelatin in cold water. Mix syrup, sugar and flour, and cook in VIKO Aluminum Double Boiler for 10 minutes. Add lemon juice and pour on the beaten egg yolks. Return to double boiler and cook for 5 minutes, stirring constantly. Remove from fire, add gelatin, and cool. Add whipped cream before serving.

FRUIT GELATIN MOLD

4 packages prepared raspberry gelatin
1 bottle each green and red cherries
½ cup blanched almonds
1 can halved pears

Dissolve the gelatin in 8 cups of boiling water in a large Aluminum Mixing Bowl. Rinse the aluminum fluted mold in cold water, pour in a little of the gelatin and place it in refrigerator to chill. Place a flower in the bottom by putting a green cherry in the center, and blanched almonds around it for petals. Lay almonds in the alternate grooves around the edge of the mold. Let this set, and then pour in more of the gelatin, about one inch. Around the edge of this layer, place first a red and then a green cherry. Let this set. Then pour in another inch of gelatin and after it has set, place slices of the halved pears around the edge of the mold. Allow this to set, and then pour in the remaining gelatin. Allow it to stand until firmly set.

Dip the mold in quite warm water, place a plate over the mold, and invert mold and plate together. Serve garnished with whipped cream.

GINGER ALE SALAD

2 tablespoons granulated gelatin
2 tablespoons cold water
⅓ cup boiling water
2 tablespoons sugar
1 cup ginger ale
½ cup fresh or Royal Anne cherries
½ cup celery, diced
½ cup apples, diced
½ cup crushed pineapple
Salt

Soak gelatin in cold water 10 minutes; dissolve in boiling water; add sugar, ginger ale, and salt. Chill, then add fruits and celery. Pour into VIKO Aluminum Ring Mold. When ready to serve, remove from the mold, and garnish with Magic Mayonnaise.

HAM SALAD

1 cup finely chopped boiled ham
1 cup finely chopped celery
1 cup small peas
¼ cup finely chopped green peppers
¼ cup finely chopped pimientos
¼ cup finely chopped onion

Blend ingredients, in an Aluminum Mixing Bowl, in the order given; then blend with Cole Slaw Dressing. Serve on lettuce. Serves 6.

Cole Slaw Dressing

2 eggs
2 tablespoons sugar
1 tablespoon butter
1 cup vinegar
1 teaspoon mustard
¼ teaspoon pepper
½ teaspoon salt

Beat eggs with an Aluminum Instant-Whip Beater, add sugar, seasonings, vinegar, and butter. Cook in VIKO Aluminum Double Boiler until thick like custard.

HOLLY WREATH SALAD

1 level tablespoon gelatin
¼ cup cold water
¾ cup boiling water
½ cup vinegar
2 tablespoons lemon juice
½ teaspoon salt
1 cup canned spinach, cut in fine pieces
1 cup canned diced beets

Soak gelatin in cold water about five minutes. Dissolve in boiling water; add lemon juice, salt and vinegar and chill. When nearly set stir in cut spinach and beets, turn into wet individual or large VIKO Aluminum Ring Molds and chill until firm. Unmold and serve on lettuce leaf, garnishing salad with mayonnaise dressing and a bow made from pimiento.

JACK FROST SALAD

1 level tablespoon gelatin
¼ cup cold water
2 cups cottage cheese
½ cup milk
½ teaspoon salt
⅛ teaspoon paprika
½ cup canned pineapple
6 dates
1 cup bananas
½ cup canned peaches

Soak the gelatin in cold water and then dissolve over boiling water. Mash the cottage cheese and add the milk and seasoning. Add the dissolved gelatin and stir thoroughly. Rinse individual VIKO Aluminum Ring Molds with cold water and fill with salad mixture. Place molds in refrigerator and allow to chill. Unmold on lettuce leaf. Mix fruit together and fill center of mold with fruit. Garnish with mayonnaise, if desired.

JELLIED BEET MAYONNAISE

1 No. 2 can whole beets
Boiling water
2 tablespoons granulated gelatin
¼ cup cold water
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
¼ cup vinegar
Juice of 1 lemon
2½ tablespoons sugar
1 cup shredded celery
1 green pepper, shredded

To the liquid from the can of beets add enough boiling water to make 3 cups. Add the gelatin dissolved in the cold water, and bring to the boiling point in VIKO Aluminum Sauce Pan. Stir in the seasonings, cool almost to the point of congealing. Then add the diced beets, celery, and green pepper. Turn into wet VIKO Aluminum Ring Mold and chill thoroughly. Unmold and garnish with lettuce and mayonnaise, or in any preferred manner.

MEXICAN JELLY

4 cucumbers
2 tablespoons gelatin
½ cup cold water
1 teaspoon onion juice
1 tablespoon vinegar
½ teaspoon salt
⅛ teaspoon pepper
Green leaf coloring
Few grains cayenne

Soak gelatin in cold water 10 minutes. Peel cucumbers, and cut in thin slices. Add 1 cup cold water, and cook slowly until soft; then force through a puree strainer. Add gelatin to hot liquor, stir until dissolved, then add onion juice, vinegar, salt, and pepper to taste. Color with leaf green and pour in a VIKO Aluminum Ring Mold. Chill. After the jelly is removed from the ring, garnish with slices of cucumbers, circular pieces of truffles, small tomato slices, and serve with tomato mayonnaise.

MACARONI SALAD

1 cup cooked macaroni
1 cup sliced celery
1 tablespoon minced onion
¼ cup chopped green pepper
¼ cup chopped pimiento
1 teaspoon salt
1 cup mayonnaise dressing

Mix all ingredients together including dressing in an Aluminum Mixing Bowl and chill. Serve on lettuce. Sprinkle with paprika and chopped parsley. Stuffed olives may be added if desired. Also, a half of garlic bean may be chopped in with the onion.

MODERNISTIC SALAD

1 package prepared lemon gelatin
1 cup boiling water
¾ cup cold water
¼ cup lemon juice
¼ teaspoon salt
1 No. 2 can blackberries
1 cup cut apples
½ cup cut celery
½ cup shredded almonds

Dissolve gelatin in boiling water, add cold water, lemon juice and salt. Pour enough of the mixture into VIKO Aluminum Ring Mold to cover the bottom, allow to set. Drain berries (fresh berries should be used in season) and add them to the mold. Add all other ingredients to the mold, and then pour in the rest of the gelatin. Allow to set. Unmold and garnish with lettuce and cream cheese forced through cake decorator.

1-2-3 SALAD

1 onion—chopped
3 apples—diced
2 large sweet pickles—chopped

Mix well in an Aluminum Bowl with Mayonnaise or French Dressing and serve on lettuce or cress.

PERFECTION SALAD

2 tablespoons granulated gelatin
½ cup cold water
2 cups boiling water
½ cup vinegar
1 lemon—juice
½ cup sugar
1 teaspoon salt
1½ cups sliced celery
1½ cups shredded cabbage
3 pimientos, chopped

Prepare the vegetables. Soak the gelatin in the cold water 10 minutes, then dissolve with the boiling water. Stir in sugar, salt, vinegar, and lemon juice until sugar is thoroughly dissolved. Set in a cold place. When the mixture begins to set, stir in the vegetables, and pour into VIKO Aluminum Ring Mold. Serve on lettuce leaves with Mayonnaise Dressing. Serves 8.

PINEAPPLE-CUCUMBER SALAD

2 tablespoons granulated gelatin
½ cup cold water
½ cup vinegar
1 lemon—juice
2 cups boiling water
½ cup sugar
½ teaspoon salt
1 cup grated pineapple
1 cup diced cucumbers

Soak gelatin in cold water 10 minutes. Add boiling water, vinegar, lemon juice, sugar, and salt. Cool, then add pineapple and cucumbers. Pour into VIKO Aluminum Mold and chill. Serve with lettuce leaves, deviled eggs, and mayonnaise dressing. Garnish with strips of pimiento. Serve with border of cold sliced tongue.

PINE SALAD

1 level tablespoon gelatin
¼ cup cold water
1 cup boiling water
¼ cup sugar
¼ teaspoon salt
1 tablespoon lemon juice
¼ cup blanched almonds, cut in long shreds
¼ cup mild vinegar
½ cup sliced pineapple
¼ cup stuffed olives, cut lengthwise in shreds
½ cup small sweet cucumber pickles, cut lengthwise in shreds
Green coloring

Soak the gelatin in cold water about 5 minutes in an Aluminum Bowl; then dissolve in boiling water. Add sugar, salt, lemon juice, and vinegar. Add green coloring. Allow mixture to cool and when starting to congeal fold in almonds, olives, pineapple and pickles. Rinse individual VIKO Aluminum Molds in cold water, and fill with salad. Place in refrigerator to set. Unmold and serve with Magic Mayonnaise.

POTATO SALAD

1 quart cold diced potatoes
1 small diced cucumber
2 hard cooked eggs
1 minced onion
Mayonnaise dressing
½ teaspoon salt
¼ teaspoon pepper

Mix potatoes, onion and cucumber with seasoning and one cup mayonnaise in an Aluminum Bowl. Pack in a close mound on a platter, cover with mayonnaise and form pattern of sliced eggs and parsley.

GERMAN POTATO SALAD

3 slices breakfast bacon
1 tablespoon flour
1 tablespoon sugar
1 teaspoon salt
2 teaspoons paprika
½ cup vinegar
½ cup water
2 hard cooked eggs
1 onion (diced)
4 boiled potatoes

Brown the bacon and onions in the VIKO Aluminum Skillet. Mix flour with fat, add seasoning and liquid. To this add sliced boiled potatoes and hard cooked eggs. Continue cooking until heated through.

PRUNE AND ORANGE SALAD

½ cup diced celery
¼ cup blanched almonds, chopped
¼ cup mayonnaise dressing
6 large steamed prunes
6 thick slices of orange
Marinated lettuce leaves

Blend celery and almonds with mayonnaise dressing. Remove stones from prunes and stuff centers with mixture. Place orange slice on marinated lettuce leaves. Put prune in the center of orange. Prunes may be stuffed with cream cheese instead of celery and nut mixture. When that is done serve mayonnaise on top.

SALAMAGUNDI SALAD

2 cups cold cooked meat (diced)
1 cup cooked vegetables
2 hard cooked eggs
1 medium sized onion, chopped
½ cup chopped sweet pickles
1 small head lettuce
1 cup mayonnaise

Mix ingredients in order named in an Aluminum Mixing Bowl. Chill and serve on lettuce.

RICHELIEU SALAD

1 package prepared cherry gelatin
1½ cups boiling cherry juice
½ cup olive liquor
1½ cups canned sweet red cherries, quartered
½ cup stuffed olives, sliced
⅛ cup blanched almonds, if desired

Dissolve gelatin in boiling cherry juice. Add olive liquor. Chill. When slightly thickened, fold in cherries and olives. Pour small amount of mixture in VIKO Aluminum Mold; arrange almonds on it. Chill until firm. Pour on remaining gelatin. Chill until firm. Unmold and garnish with Mayonnaise. Serves 6.

MOULDED SALMON

1 cup salmon
1½ teaspoons salt
1½ tablespoons sugar
1½ teaspoons flour
1 teaspoon mustard
Few grains cayenne
2 egg yolks
1½ tablespoons melted butter
¾ cup milk
¼ cup vinegar
¾ tablespoon granulated gelatin
4 tablespoons cold water

Remove salmon from can, rinse thoroughly with hot water, and separate in flakes. Mix dry ingredients in top of VIKO Aluminum Double Boiler; add egg yolks slightly beaten, butter, and milk. Cook over boiling water, stirring constantly until mixture thickens. Beat in hot vinegar, soaked gelatin, and flaked salmon. Pour into VIKO Aluminum Ring Mold, chill, and serve on shredded leaf lettuce with potato chips in the center of the ring, and stuffed olive sandwiches; or serve with cucumber sauce:

Cucumber Sauce

Beat one-half cup heavy cream until stiff, add one-fourth teaspoon salt, a few grains pepper, and gradually two tablespoons vinegar; then add one cucumber, pared, chopped, and drained through cheesecloth.

SALMON—PINEAPPLE—GREEN PEPPER RING

1 cup flaked salmon or tuna fish
6 slices pineapple
1 green pepper
1 pkg. prepared lemon gelatin
1 pint boiling water

Flake the fish, removing the dark skin and bone; drain and dice the pineapple, chop the green pepper, and mix all together. Dissolve the gelatin in the boiling water, and cool. Rinse the VIKO Aluminum Ring Mold in cold water, pour into it the salmon, pineapple, and green pepper, and over this pour the gelatin. Allow to chill 6 hours, or over night if possible.

SHRIMP SALAD

Remove shrimps from can, cover with cold water or ice water, and let stand 20 minutes in an Aluminum Bowl. Drain, dry between towels, remove intestinal veins, and break in pieces, reserving six of the finest. Add three sliced hard cooked eggs, 1 cup diced celery, 1 cup drained peas. Moisten with Cream Dressing, and arrange on nests of lettuce leaves. Put a spoonful of dressing on each, and garnish with a whole shrimp, and a ripe olive cut in quarters. If desired, a cup of diced, canned pineapple may be added.

SEVEN SISTER SALAD

1. 1 cup canned peas
   ¼ cup mayonnaise dressing
2. 1½ cups diced cooked potatoes
   1 tablespoon shredded onion
   ¼ cup diced celery
   ⅓ cup mayonnaise dressing
   Salt to taste
3. 1 large cucumber, sliced thin
   ¼ cup French dressing
4. 1 cup canned beans
   1 teaspoon shredded onion
   ¼ cup French dressing
5. 1 cup shredded raw cabbage
   ¼ cup shredded raw carrots
   ¼ cup mayonnaise dressing
   Salt and pepper to taste
6. 3 tomatoes, sliced thin
   ⅓ cup French dressing
7. 4 hard boiled eggs, cut in halves
   ¼ cup Thousand Island dressing
   Do not mix

Mix each of the above sections separately in an Aluminum Mixing Bowl. Chill. At serving time place a large lettuce leaf on each plate, and place on it a triangle section of each salad, making six sections. Place ½ egg in the center, making the seventh section. Put the Thousand Island dressing on the egg. The tomato and cucumber sections should have the slices overlapping each other. Garnish each plate with sliced stuffed olives and radishes cut rose fashion. Serves 8. (May be made in 1 large salad if desired.)

SNOW SALAD

1 egg yolk
¼ cup milk
1½ teaspoons sugar
⅔ cup white cherries, stoned
⅔ cup crushed pineapple
2 halves canned pears
¼ lb. marshmallows
1 teaspoon lemon juice
½ cup whipping cream

Make a custard, in VIKO Aluminum Double Boiler, of the egg yolks and milk, and sweeten with sugar. Cool. Mix pineapple, chopped pears, and marshmallows. Add lemon juice to the fruit. Stir in custard, and fold in whipped cream. Pour into VIKO Aluminum Ring Mold. Let stand in a cool place for twenty-four hours. Serve on lettuce, or as a dessert without the lettuce.

SPAGHETTI SALAD

½ sweet red pepper, diced
1 red apple (do not pare) diced
2 hard cooked eggs
1 stalk celery, diced
1½ large dill pickles, diced
2 tablespoons sugar
1 teaspoon salt
½ lb. American cream cheese, cut in small cubes
1 cup macaroni (cooked and cut into fine circles)
1 pkg. prepared lemon gelatin

Mix all the ingredients, except the prepared gelatin, together, and pack into individual VIKO Aluminum Molds. Dissolve the gelatin in boiling water according to directions. Fill the molds with the mixture, then pour gelatin in to within ⅛" from top. Set in a cold place 8 to 24 hours. Serve on head lettuce leaf with mayonnaise dressing.

STUFFED PEACH SALAD

Canned peaches Marshmallows Nuts Lettuce

Fill the cavity of halved peaches with chopped marshmallows and nuts. Cover with second half. Serve with dressing in lettuce cup.

STUFFED TOMATO SALAD COMBINATIONS

Celery, cucumber and tomato pulp.
Apple, celery and nuts.
Prepared lemon gelatin, fish and cucumber.
Peas, celery and cucumber.
Veal or chicken, or cold meat with celery and hard cooked eggs.

SUMMER SALAD

1 pkg. prepared lemon gelatin
2 cups hot water
1 tablespoon lemon juice
1 teaspoon salt
1 cup radishes, sliced
½ cup onions, sliced
1 cup cucumbers, sliced

Pour the hot water on the gelatin in an Aluminum Mixing Bowl and stir until dissolved. Add the lemon juice and salt. Let cool while preparing the vegetables. Mix the vegetables thoroughly and stir into the gelatin which has commenced to congeal. Fill individual Aluminum Molds with the mixture and set in a cool place until stiff.
When ready to serve, unmold and serve on head lettuce with mayonnaise dressing.

SUNBONNET SUE SALAD

5 halves, cooked or canned peaches
10 whole cloves
10 almonds
5 thin slices pimiento
5 tablespoons salad dressing
5 leaves curly lettuce

Arrange the fruit, round side up, on the lettuce leaf. The leaf curls up and forms the sunbonnet. Place the cloves in the fruit for eyes, the blanched almonds for ears, and slip thin slices of canned pimiento into cuts made for nose and mouth. The expressions may be varied. With an Aluminum Cake Decorator pipe salad dressing around the outside of the fruit to represent golden locks, and arrange a bow of red pimiento under the chin of Sunbonnet Sue.

TWO-TONE SALAD

Tomato Aspic

1 pkg. prepared lemon gelatin
1⅔ cups strained tomato juice
¼ cup vinegar
1 teaspoon onion juice
½ teaspoon salt
⅛ teaspoon white pepper
⅛ teaspoon cloves
¼ teaspoon paprika

Heat tomato juice and seasonings to boiling in VIKO Aluminum Sauce Pan, and pour over the gelatin. Stir until thoroughly dissolved. Pour into shallow ice tray with grids in place, and set in cool place until very firm.

Cucumber and Pineapple Jelly

2 tablespoons gelatin
¼ cup cold water
1 cup boiling water
¼ cup sugar
½ teaspoon salt
½ cup vinegar
Juice of ½ lemon
1 cup diced cucumber
1 cup canned, shredded pineapple

Soak gelatin in cold water 5 minutes; then dissolve in boiling water. Add sugar, salt, vinegar, and lemon juice, and chill. When mixture is consistency of thick syrup, stir in the cucumber and pineapple, pour over the firm Tomato Aspic, and set in cool place to jelly.
Serve three squares to a portion. Place on a lettuce cup which has been filled with shredded lettuce.

TOMATO AND CELERY SALAD

2½ cups canned tomatoes
1 slice of onion, cut into bits
⅛ teaspoon salt
2 whole cloves
2 peppercorns
1 tablespoon sugar
¼ teaspoon paprika
2 tablespoons granulated gelatin
½ cup cold water
1½ cups celery, diced
18 stuffed olives, cut into slices

Put the tomatoes, onion, spices, and seasoning in a VIKO Aluminum Sauce Pan, cover, and cook for ½ hour. Mix the gelatin and the cold water. Add gelatin to the hot tomatoes and stir until dissolved. Press the mixture through a strainer into a dish. Set aside to cool until mixture begins to congeal. In the meantime prepare the celery and olives. Not only the stalks of the celery but the tender bleached leaves should be used. Stir the celery and olives in the gelatin mixture. Rinse VIKO Aluminum Molds with cold water and fill with mixture. Set aside in a cool place. When ready to serve, place the salad on lettuce leaves and serve with mayonnaise dressing.

TUNA FISH AND CUCUMBER JELLY SALAD

1 large can of white tuna fish
1½ cups diced celery
½ teaspoon minced onion
Mayonnaise to moisten
1½ cups crushed or grated pineapple
1 small cucumber, peeled and diced
⅓ cup sugar
Juice 1 lemon
⅛ teaspoon cayenne pepper
2 tablespoons gelatin
1 cup cold water
1 pimiento, cut very fine
1½ cups boiling water

Soak gelatin in cold water for five minutes in an Aluminum Mixing Bowl. Add boiling water, sugar and lemon juice and stir until gelatin is dissolved. Cool, add pineapple, cucumber cut in very small dice and pimiento. Pour into small Aluminum Molds and chill. Turn out, surround with tuna fish and celery mixed with mayonnaise and garnish with tiny lettuce leaves and well seasoned mayonnaise.

VALENTINE VITAMIN SALAD

1 package prepared strawberry gelatin
1 cup hot water
¾ cup cold water
¼ teaspoon salt
½ cup shredded carrot
½ cup celery (sliced fine)
2 tablespoons lemon juice
2 ripe bananas
½ cup pineapple

Dissolve gelatin in hot water and add cold water to cool. Add salt. Shred carrots, slice celery, and cut bananas in cubes. Sprinkle lemon over the bananas. When gelatin begins to thicken add the vegetables and fruit.
Mold in VIKO Aluminum Individual Heart Molds. Serve with mayonnaise on shredded lettuce garnished with water cress. Serves 8.

PRESSED VEAL AND EGG SALAD

2½ lbs. veal 2 tablespoons salt Water to cover 2 hard-cooked eggs

Sprinkle the veal with salt, cover with boiling water, and simmer in VIKO Aluminum Sauce Pan until very tender. Boil liquor down to about 1½ cups. Shred veal and pack into well buttered VIKO Aluminum Ring Mold. When half of the meat is used, slice a layer of egg rings into mold, then pack in the remaining meat. Over all pour the liquid. Store in a cold place several hours before serving. To remove, dip mold into hot water, cover with serving dish, and invert. Garnish with summer salad and toasted bread spread with red jelly.

COMBINATION VEGETABLE SALAD

1 cup cabbage
1 cup carrots
2 tablespoons onion
4 tablespoons green pepper
1 cup tomatoes, diced
¼ cup French dressing

Finely chop cabbage, carrots, onion and green pepper; add tomatoes. Toss all together with French Dressing just before serving.

VEGETARIAN SALAD

Head lettuce
Tomatoes, sliced
Carrots, cooked
Beets, cooked
Peas
Cauliflower, cooked

Place a slice of head lettuce on salad plate. On it place a slice of tomato. Arrange a circle of sliced cooked carrots on the tomato. Inside that circle place a ring of finely chopped beets, then a ring of peas, and put a flowerlet of cauliflower in the center. Serve with French Dressing.

WHITE SALAD

2 tablespoons gelatin
½ cup pineapple juice
¼ cup powdered sugar
1 cup white cherry juice
½ cup nutmeats
1 cup shredded pineapple
1 cup chopped white cherries
¾ cup Magic Mayonnaise
1 cup heavy cream

Soak the gelatin in the cold pineapple juice 5 minutes in a VIKO Aluminum Double Boiler; then dissolve over hot water. Add powdered sugar and cherry juice and mix thoroughly. Cool until slightly thickened, then add the nutmeats, cut fruit, salad dressing, and cream whipped stiff. Pour into the VIKO Aluminum Ring Mold (which has been dipped into cold water) and chill for at least 3 hours.

Garnish with mock strawberries made of 1 cake cream cheese blended with ¾ finely chopped walnuts. Pinch off a small piece and roll in shapes resembling strawberries and roll in fine, red sugar. Use a piece of parsley for stem.

SALAD DRESSINGS

BOILED DRESSING

2 tablespoons salt
2 tablespoons mustard
½ cup sugar
¼ teaspoon pepper
½ teaspoon paprika
4 tablespoons flour
6 well-beaten eggs
½ cup melted butter
4 cups hot milk
1½ cups hot vinegar

Mix dry ingredients in an Aluminum Mixing Bowl, add beaten eggs, gradually add hot milk, stirring constantly. Return to VIKO Aluminum Double Boiler and cook until mixture thickens, adding butter when nearly done. Remove from fire and add hot vinegar. Be careful not to overcook dressing, or it will curdle. If it does curdle, remove from hot water and beat hard with Aluminum Instant-Whip Beater, as that will sometimes restore smoothness.

CHIFFONADE DRESSING

To plain French Dressing recipe add 3 teaspoons chopped parsley, 3 teaspoons chopped onion, 1 chopped hard-cooked egg, ⅓ cup chopped cooked beets. Mix thoroughly and serve with hearts of lettuce or other plain green salad.

COOKED SALAD DRESSING
(White Sauce Foundation)

1 cup milk
2 tablespoons flour
1 tablespoon sugar
½ teaspoon mustard
½ teaspoon salt
Few grains cayenne
2 eggs
½ cup cider vinegar
2 tablespoons butter

Make a white sauce, in VIKO Aluminum Double Boiler, by mixing together flour, sugar, mustard, salt and cayenne, moistening with a little of the milk to make a smooth paste, then stirring mixture into rest of milk. Cook this over hot water until thick. Beat egg whites stiff with the Aluminum Instant-Whip Beater, drop egg yolks in middle of stiff whites and beat again. Stir in vinegar. (If vinegar is very strong, use less than half cup). Add the white sauce to egg mixture and cook over hot water until egg thickens. Remove from fire, add butter and strain. This dressing will keep a long time if covered and kept in a cool place.

CREAM DRESSING

1 teaspoon mustard
1 teaspoon salt
2 teaspoons flour
1½ teaspoons powdered sugar
Few grains cayenne
1 teaspoon butter, melted
Yolk of 1 egg, beaten
⅓ cup vinegar
½ cup thick cream, sweet or sour

Mix dry ingredients in top of VIKO Aluminum Double Boiler. Mix butter, egg, and vinegar and slowly add to dry ingredients. Cook over boiling water, stirring constantly, until mixture thickens; cool and add to heavy cream, beaten until stiff.

"MASTER RECIPE" FOR CREAM BOILED DRESSING

4 tablespoons sugar
4 tablespoons flour
4 egg yolks
1 teaspoon salt
½ teaspoon pepper
⅓ cup lemon juice or vinegar
2 cups rick milk or cream

Cook in VIKO Aluminum Double Boiler like custard; vary as in mayonnaise.

FRENCH DRESSING

1 cup salad oil
⅓ cup cider vinegar
1 teaspoon salt
1 teaspoon sugar
¼ teaspoon pepper
½ teaspoon paprika
Few grains cayenne

Put all ingredients into an Aluminum Mixing Bowl and beat thoroughly; or into a VIKO Aluminum Beverage Shaker, close tightly and shake until well-blended. Mix or shake thoroughly just before using as ingredients separate while standing. This dressing keeps indefinitely in a cool place and may be varied by adding one or more of the following:

1 teaspoon Worcestershire sauce
½ teaspoon celery salt or ¼ teaspoon celery extract
½ teaspoon onion salt or ¼ teaspoon onion extract
½ teaspoon curry powder
Few gratings nutmeg
⅓ cup lemon or lime juice in place of vinegar

CHILI SAUCE FRENCH DRESSING

To one-half cup French Dressing add two tablespoons of Chili Sauce. Use with any green salad, celery, cucumber or cauliflower salad, fish or egg salad.

FRENCH DRESSING FOR FRUIT SALADS

French Dressing for fruit salads is more delicate if made with lemon juice instead of vinegar, and paprika instead of black pepper. It may be made up in quantity for two or three occasions, as follows:

⅔ cup salad oil
⅓ cup lemon juice
½ teaspoon salt
¼ teaspoon paprika

Place in a VIKO Aluminum Beverage Shaker and shake until emulsified, or the oil is broken up. Use as needed.

FRUIT SALAD DRESSING

Juice 1 orange
Juice 1 lemon
1 cup pineapple juice
4 egg yolks
1 tablespoon butter
4 teaspoons flour
⅓ cup sugar

Beat egg yolks, add sugar and flour; then add fruit juice. Cook in VIKO Aluminum Double Boiler for 10 minutes. Add butter. Cool and add whipped cream before serving.

FRUIT SALAD DRESSING

2 egg yolks
2 tablespoons melted butter
2 tablespoons lemon juice
⅓ teaspoon salt
⅔ cup heavy cream
3 tablespoons powdered sugar
⅛ teaspoon celery salt
⅛ teaspoon vanilla
⅛ teaspoon paprika
2 drops onion juice

Beat egg yolks until very light with an Aluminum Instant-Whip Beater, adding 3 tablespoons water, and add gradually, while beating constantly, melted butter, lemon juice, and salt. Cook over hot water in top of VIKO Aluminum Double Boiler, stirring constantly until mixture thickens. Cool and add stiffly beaten cream and remaining ingredients.

MAYONNAISE FOR VEGETABLES, FISH, OR FRUITS
(Three Minute)

1 teaspoon salt
¼ teaspoon mustard
Dash of cayenne
1 tablespoon lemon juice
1 tablespoon vinegar
1 egg
1 cup salad oil

These ingredients are the same as in long process mayonnaise except that the white of the egg is used as well as the yolk. It is not necessary to chill either ingredients or utensils.

Mix dry ingredients in an Aluminum Mixing Bowl, add lemon juice and vinegar, mix well, add egg, without beating. Add ⅓ cup of oil, beat with Aluminum Instant-Whip Beater until the mixture begins to thicken (1 full minute); add second ⅓ cup, beat 1 minute; add rest of oil and beat 1 minute.

It takes a little experience to know just the right point at which to add oil, but when this is gained, the name is justified.

MAYONNAISE

1 egg yolk
½ teaspoon salt
¼ teaspoon paprika
1 cup salad oil
2 or 3 tablespoons lemon juice or vinegar
Sugar if desired

Beat the yolk thoroughly with the VIKO Aluminum Instant-Whip Beater. Add the well mixed seasonings, and one tablespoon of the lemon juice or vinegar. Add the oil from a teaspoon, a few drops at a time, beating well until the mixture thickens. As it thickens add the oil more rapidly, but take care not to add more than can readily be mixed with the egg. When stiff, thin with the acid. Continue adding oil and acid alternately until all has been used.

The dressing should be stiff enough to hold its shape. If the mayonnaise should curdle, beat another egg yolk in a bowl and beat the dressing into it as you did the oil.

MAGIC MAYONNAISE

¼ cup vinegar or lemon juice
¼ cup salad oil or melted butter
⅔ cup sweetened condensed milk
1 egg yolk (unbeaten)
½ teaspoon salt
Cayenne, few grains
1 teaspoon dry mustard

Put all ingredients in an Aluminum Beverage Shaker. Shake vigorously for two minutes.

ROQUEFORT CHEESE DRESSING

Work one ounce of Roquefort to a cream, then beat in ½ cup French Dressing from which mustard has been omitted.

RUSSIAN DRESSING

Combine in an Aluminum Mixing Bowl:

¾ cup oil mayonnaise
½ hard boiled egg, chopped fine
1 tablespoon chopped green pepper
1 tablespoon chopped pimientos
1 tablespoon chopped chives
⅓ cup chili sauce

Then stir in juice of one-quarter lemon. Serve with any plain green salad, or with tomato, egg or fish salad.

SALAD DRESSING

2 tablespoons butter
2 tablespoons flour
1¼ cups water
3 eggs, beaten
½ teaspoon salt
1 teaspoon mustard
½ cup sugar
½ cup vinegar
¼ cup lemon juice

Melt butter in top of VIKO Aluminum Double Boiler, stir in flour, and add water, stirring until mixture is smooth. Add salt, mustard, sugar, vinegar, and lemon juice to the beaten eggs. Stir the second mixture into first on stove, and cook for ten minutes. When ready to serve, dilute with whipped cream.

SPINOSA DRESSING

To recipe for French Dressing add 2 tablespoons capers, 1 tablespoon stuffed olives, chopped, and 1 teaspoon chopped parsley. Mix thoroughly.

THOUSAND ISLAND DRESSING

1 cup oil mayonnaise
⅓ cup chili sauce
⅓ cup whipped cream
⅓ cup chopped beets
2 tablespoons chopped sour and sweet pickles, or chow chow, or olive
1 chopped pimiento

Combine ingredients in an Aluminum Mixing Bowl, in the order given and serve with any green salad, or with egg, chicken, ham, tongue, celery or asparagus.

ADDITIONAL RECIPES

CAKES

Say, with confidence, to your neighbor or guest — "have a piece of cake." The following suggestions will aid you in making a "just-right" cake (butter, sponge, or torte).

1. Read Recipe Carefully.
2. Use best of ingredients.
3. Assemble all necessary utensils and all ingredients before you start mixing the cake.
4. Light oven.
5. Sift flour before measuring.
6. Use level, accurate measures.
7. Butter cakes should be beaten well for 2 or 3 minutes after all ingredients are combined.
8. For Sponge Cakes, fold ingredients in lightly (do not try to hurry when mixing this cake).
9. A cake is done when it shrinks away from the pan; and when no impression is left after touching it lightly with the finger.
10. Remove a butter cake from the pan soon after it is taken from the oven, and turn on to a wire rack to cool.
11. Sponge cakes should be allowed to cool thoroughly, before removing from the pan.
12. Frost cake after it has cooled.

APPLE UPSIDE DOWN CAKE

4 or 5 apples, pared, cored and sliced
2 tablespoons butter
1 cup brown sugar

The Cake

2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
1 cup sugar
½ cup butter
2 eggs
1 teaspoon vanilla
½ cup milk

Sift the flour with the baking powder and salt twice. Beat the butter and sugar thoroughly in an Aluminum Mixing Bowl and stir in the well beaten egg yolks. Add the flour and milk alternately, mixing well. Then fold in lightly the stiffly beaten egg whites and the flavoring.

Melt the butter and put in VIKO Aluminum Biscuit Pan or Skillet, cover with brown sugar and apples. Pour in the cake batter and bake in a moderate oven, 350° F., for about 45 minutes. Turn out upside down on a serving dish. The top may be decorated with candied or maraschino cherries or whipped cream or both, but it is good enough as it comes from the pan.

APPLE CHEESE CAKE

3 cups sifted flour
½ teaspoon salt
2 teaspoons baking powder
4 tablespoons shortening
½ cup grated cheese
⅔ cup milk
1 egg, beaten
3 large apples
½ cup sugar
1 teaspoon cinnamon
Butter

Sift flour, baking powder and salt. Work in shortening as in biscuits, then add cheese, mix lightly. Add milk to beaten egg and stir into dry ingredients just until mixed, but not smooth. Place into an oiled VIKO Aluminum Deep Layer Cake Pan, and spread evenly. Pare and slice apples and arrange over cake with slices overlapping. Sprinkle with cinnamon and sugar. Dot with butter. Bake in oven for 10 minutes at 450° F., then reduce the heat to 400° F., and cook until apples are tender. Serve with hard sauce or cream. Serves 8 to 10.

APPLE SAUCE NUT CAKE

½ cup butter
1 cup sugar
1½ cups apple sauce
1 egg or 2 egg yolks
2½ cups sifted cake flour
¾ cup chopped raisins
¾ cup chopped nuts
⅛ teaspoon salt
1 teaspoon cloves
1 teaspoon cinnamon
¼ teaspoon nutmeg
1 teaspoon baking powder
1 teaspoon soda dissolved in
1 tablespoon warm water

Cream butter in an Aluminum Mixing Bowl; add sugar gradually. Add well beaten egg. Sift together flour, baking powder, salt, and spices twice; add raisins and nuts. Dissolve soda in warm water; add to apple sauce and gradually add to shortening mixture alternately with dry ingredients. Bake in a greased VIKO Aluminum Deep Square Cake Pan in a moderate oven, 330°-350° F., for one hour.

APRICOT CHOCOLATE LOAF

1⅔ cups sifted cake flour
1 tablespoon baking powder
½ teaspoon salt
½ cup butter
1 cup sugar
½ cup egg yolks (about 6)
½ teaspoon vanilla extract
¾ cup milk

Sift flour with baking powder and salt twice. Cream butter in an Aluminum Mixing Bowl; add sugar gradually, keeping mixture fluffy; beat well. Beat egg yolks until they are as thick as mayonnaise, using an Instant-Whip beater. Add egg yolks to creamed mixture gradually; beat thoroughly. Add flavoring. Add sifted dry ingredients alternately with milk. Mix well after each addition. Bake in greased VIKO Aluminum Jelly Roll Pan in moderate oven, 350° F., for 30 minutes. When baked, turn out cake. Cool. Cut into four pieces. Put layers together with Apricot Filling. Cover top and sides generously with Chocolate Cream Frosting.

CHOCOLATE CREAM FROSTING

2 squares (2 oz.) unsweetened chocolate
1 package (3 oz.) cream cheese
2 tablespoons milk
½ teaspoon salt
2 cups sifted, confectioners sugar
¼ teaspoon vanilla

Melt chocolate over warm water. Rub cream cheese and milk together until well blended and add vanilla. Add salt and sugar; mix well. Add chocolate. Beat until creamy.

APRICOT FILLING

Drain cooked, dried apricots thoroughly, rub through VIKO Aluminum Rotary Food Press. Measure 1 cup of apricot pulp. Add 1 tablespoon sugar and 1 teaspoon lemon juice. Use cold.

BANANA CAKE

- ¾ cup butter or substitute
- 1¼ cups sugar
- 2 cups sifted cake flour
- ¼ teaspoon salt
- ½ cup sour milk
- 1 teaspoon soda
- 3 medium size bananas, mashed
- 1 pkg. (½ lb.) dates, chopped
- 1 cup chopped walnuts

Cream the shortening in an Aluminum Mixing Bowl; add the sugar gradually. Sift flour and salt twice and add to first mixture alternately with sour milk in which soda has been dissolved. Add mashed banana, then dates and nuts, which have been well floured with part of flour called for in the recipe. Bake in VIKO Aluminum Loaf or Layer Cake Pans in a moderate oven (350° F.) until done.

BIRTHDAY RING

- ½ cup butter
- 1 cup sugar
- 2 cups sifted cake flour
- 3 teaspoons baking powder
- 3 egg whites
- ⅔ cup milk
- 1 teaspoon flavoring extract

Beat the butter until it is light and fluffy. Then gradually add the sugar, beating the mixture meanwhile. Sift the flour and baking powder twice. Beat the egg whites until very light and fluffy.

To the creamed butter and sugar add alternately the milk, and the flour mixture. Beat the entire mixture until smooth. Add flavoring. Fold in the egg whites. Pour into greased VIKO Aluminum Ring Mold. Bake in a moderate oven, 340° F., for about 40 minutes.

BRAZIL NUT CAKE

- 2 cups ground Brazil nuts
- 1 cup sugar
- ¼ teaspoon salt
- 6 eggs

Grind the nuts (you need at least 1½ cups of shelled nuts or about ½ pound) and mix with sugar and salt. Beat egg yolks until foamy and beat in sugar and nut mixture. Beat thoroughly and fold in beaten egg whites. Pour into 3 greased 8 inch VIKO Aluminum Layer Cake Pans. Bake in a moderate oven, 350° F., for 30 minutes.

BRAZIL FROSTING

- 2 egg whites, unbeaten
- 1½ cups brown sugar, firmly packed
- 5 tablespoons water
- ¼ pound cut or whole Brazil nuts (¾ cup whole nuts)
- Salt

Put the egg whites, sugar, salt and water in upper part of VIKO Aluminum Double Boiler. Beat with a VIKO Instant Whip Beater until well mixed. Place over rapidly boiling water, beating constantly with beater and cook 7 minutes, or until frosting will stand in peaks. Remove from fire. Beat until thick enough to spread. Frost cake and decorate with whole or cut Brazil nuts. Cut nuts may be sprinkled on top of each frosted layer. Makes 18 slices.

BLACKBERRY JAM CAKE

⅔ cup butter or substitute
1 cup sugar
3 eggs
¾ cup blackberry jam
⅓ cup sour milk
1 teaspoon soda
2 cups sifted cake flour
1 teaspoon baking powder
1 teaspoon cinnamon
2 teaspoons nutmeg

Cream shortening, add sugar gradually. Add beaten egg yolks and jam. Sift the flour, baking powder, cinnamon, and nutmeg twice. Dissolve soda in the sour milk. Add flour and milk alternately to the mixture, beating well. Fold in the stiffly beaten whites of eggs and bake in two VIKO Aluminum Layer Cake Pans about 25 minutes in a moderate oven (350° F.).

BROWN-EYED SUSAN CAKE

½ cup shortening
1½ cups sugar
3 eggs, separated
2¼ cups sifted cake flour
½ teaspoon salt
2½ teaspoons baking powder
1 cup milk
1 tablespoon milk
2 squares (2 ozs.) chocolate
⅛ teaspoon soda
1½ tablespoons grated orange rind (about 1 orange)
Yellow coloring

Cream shortening in an Aluminum Mixing Bowl, add sugar gradually and beat until light. Add the well beaten egg yolks and beat thoroughly. Sift flour, salt and baking powder together twice. Add to the creamed mixture alternately with the 1 cup of milk. Fold in stiffly beaten egg whites. Divide batter into two parts. To one part add the tablespoon of milk and the melted chocolate, to which the soda has been added. To the other add the grated orange rind and enough yellow coloring to make the batter yellow. Drop by spoonfuls on greased VIKO Aluminum Layer Cake Pans, alternate the light and dark batter as for marble cake and bake.

SPECIAL ICING

4 tablespoons butter
3 cups confectioners sugar
3 tablespoons cream
Grated rind of 1 orange (2 tablespoons)
1 tablespoon orange juice
2 squares (2 ozs.) chocolate
Cream
Shaved chocolate

Melt the butter in VIKO Aluminum Double Boiler. Stir in confectioners sugar and 3 tablespoons cream. Leave over hot water for 15 minutes to eliminate raw taste. Divide icing in two, allowing greater share for chocolate icing. To smaller amount add 1 tablespoon orange rind, and orange juice, just enough to make it easy to spread. To other add the melted chocolate, and just enough cream to make it smooth and glossy. Spread chocolate icing between layers and around sides of cake. Spread orange icing on top of cake. While still moist, sprinkle bits of shaved chocolate and grated orange rind in "hit or miss" fashion over top to give yellow and brown effect.

BRIDE'S CAKE (White Cake)

½ cup butter or substitute
1½ cups sugar
½ cup milk
3 cups sifted cake flour
3 teaspoons baking powder
¼ teaspoon salt
½ cup water
1 teaspoon vanilla
¼ teaspoon almond extract
3 egg whites, beaten very light

Cream the butter in an Aluminum Mixing Bowl; gradually work in 1 cup of the sugar, then add a few drops of the milk alternately with the rest of the sugar. Sift together the flour, baking powder and salt; add to the first mixture alternately with the water and rest of the milk; beat in the extracts and fold in the egg whites. Bake in two VIKO Aluminum Layer Cake Pans in a moderate oven, 325-375° F., from 35-45 minutes, or the cake can be made in a loaf in VIKO Aluminum Loaf Pan and baked in a slow oven, 250-300° F., from one to one and one-half hours.

BURNT SUGAR CAKE

¾ cup butter
1½ cups sugar
4 eggs, separated
½ cup milk
3 cups sifted cake flour
3 teaspoons baking powder
1 teaspoon vanilla
½ cup burnt sugar syrup

Make sugar syrup by melting 1 cup sugar to light caramel in VIKO Aluminum Skillet and adding ¾ cup boiling water. Let syrup dissolve in water. Cream butter, add ½ of sugar. Beat egg yolks; beat remainder of sugar into egg yolks. Combine with butter mixture. Add caramel syrup to milk. Add alternately with sifted flour and baking powder to cake mixture. Add vanilla. Fold in beaten egg whites. Bake in 3 VIKO Aluminum Layer Cake Pans in a moderate oven (350-375° F.) for 25 minutes.

CHOCOLATE PEPPERMINT CAKE

¼ cup shortening
1 cup sugar
2 egg yolks
2 squares (2 ozs.) chocolate (melted)
½ teaspoon salt
1 teaspoon soda
1 cup sour milk
1 teaspoon vanilla
1½ cups sifted cake flour

Cream shortening in an Aluminum Mixing Bowl; add sugar and egg yolks, beat briskly. Add melted chocolate. Sift flour, soda and salt together twice and add alternately with sour milk. Mix thoroughly, add vanilla, bake in VIKO Aluminum Square Cake Pan 50-60 minutes at 325° F.

Frost with seven minute icing flavored with ½ teaspoon peppermint and melt 2 squares chocolate, pour over top of white icing and let it run down sides.

CHOCOLATE PECAN CAKE

⅔ cup butter or substitute
1⅓ cups sugar
3 eggs
½ cup milk
1 teaspoon vanilla extract
2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt

Beat the sugar and butter in an Aluminum Mixing Bowl until light and creamy; add the beaten eggs, one at a time, working these into the first mixture. Next add the milk and flavoring alternately with the flour, salt and baking powder sifted together twice. Beat well to insure a fine grain, turn into greased VIKO Aluminum Layer Cake Pans and bake in a moderate oven—375° F.—twenty to twenty-five minutes. When cold, fill and frost with chocolate frosting, decorating with halved pecans.

ONE-EGG CHOCOLATE CAKE

1 square (1 oz.) baking chocolate
1 cup water
¼ cup shortening
1 cup sugar
1 egg, separated
1¾ cups sifted cake flour
2 teaspoons baking powder
½ teaspoon vanilla

Put chocolate and water in a VIKO Aluminum Sauce Pan and let come to a boil. Cool. Cream shortening, add sugar gradually, then beaten egg yolk. Add chocolate mixture. Sift flour and baking powder several times and add to the mixture very slowly, beating batter meanwhile. Add vanilla, then the beaten egg white. Bake in a VIKO Aluminum Cake and Biscuit Pan and ice with Sea Foam icing.

CIRCUS CAKE

3 cups sifted cake flour
2½ teaspoons baking powder
¼ teaspoon salt
1 cup butter
1½ cups sugar
5 egg yolks—2 egg whites
¾ cup milk
1 teaspoon vanilla

Sift flour, baking powder and salt three times. Cream shortening in an Aluminum Mixing Bowl; add sugar gradually. Add egg yolks and unbeaten egg whites. Beat 1 minute. Combine flour and milk alternately with creamed mixture. Beat well. Add flavoring. Pour into greased VIKO Aluminum Spring-Apart Cake Pan with flat inset. Bake 1 hour in moderate oven (325° to 350° F.). To remove cake push down on tapered clamp and release spring rim.

To decorate: Cover cake with white icing and sprinkle top with green sugar for grass. Sprinkle toasted cocoanut around upper edge and base of cake for sawdust. Arrange a parade of animal cookies in cocoanut in pairs around upper edge of cake and single file around base, while icing is soft enough to support them. Place a paper or cloth Japanese umbrella in the center of the cake for the tent top.

CREAM CHEESE CAKE

1 cup sugar
2 tablespoons flour
¼ teaspoon salt
5½ cakes of cream cheese
4 eggs
1 cup cream
1 teaspoon vanilla
1 pkg. zwieback or
2 cups graham cracker crumbs
1 cup sugar
1 teaspoon cinnamon
½ cup melted butter

Roll zwieback or graham crackers. Mix with sugar, cinnamon and the melted butter. Set aside ¾ cup of mixture for top. Oil a VIKO Aluminum Spring-Apart Torte or Cake Pan, spread and press zwieback mixture on bottom and sides of form. Cream sugar, flour and salt with cheese. Add vanilla and egg yolks, beating well. Add cream and mix. Fold in beaten egg whites. Bake 1 hour at 325° to 350° F.

CRUMB CAKE

2½ cups sifted cake flour
½ cup soft butter
2 cups brown sugar

Mix well together in an Aluminum Mixing Bowl; take out ¾ cup of mixture for top.

To remainder add:

1 egg
¾ cup sour milk
1 teaspoon cinnamon
½ teaspoon soda

Beat hard until the batter is smooth. Pour into greased VIKO Aluminum Deep Square Cake Pan, sprinkle the crumb mixture over the top. Bake in a moderate oven (325° F.) for 20 minutes, then 340° F. for 20 minutes.

DATE CAKE

1 package (½ lb.) dates
1 teaspoon soda
1 cup boiling water
1¼ cups sifted cake flour
1 cup sugar
1 tablespoon butter
1 egg
½ cup nutmeats

Place dates in a VIKO Aluminum Sauce Pan. Sprinkle soda over them and then pour on boiling water. Let cool. Cream butter, beat in sugar, add slightly beaten egg and beat well. Add dates and nutmeats. Add flour. Bake in an oiled VIKO Aluminum Loaf Cake Pan 30 minutes at 325° F.

RED DEVIL'S FOOD

1 cup sugar
¼ cup shortening
2 eggs
2 ounces baking chocolate
½ cup sour milk
½ cup boiling water
1½ cups sifted cake flour
1 teaspoon soda
1 teaspoon vanilla
½ teaspoon salt

Sift flour and salt twice. Cream the shortening in an Aluminum Mixing Bowl, add sugar gradually. Add the beaten eggs and beat hard. Add the sour milk and flour alternately. Add the chocolate to the boiling water, stir quickly, add the soda while mixture is boiling hot. Stir until thickened and add to the cake mixture. Add the vanilla, beat hard, pour into an oiled VIKO Aluminum Deep Square Cake Pan, and bake 40 minutes in a moderate oven, 325° to 350° F.

DEVIL'S FOOD WITH MASHED POTATOES

1 cup butter
1 cup brown sugar
1 cup white sugar
4 egg yolks
1 teaspoon vanilla
1 cup warm mashed and sieved potatoes
½ cup milk
2 cups sifted cake flour
½ cup cocoa
½ teaspoon cinnamon
2 teaspoons any baking powder
¼ teaspoon salt
1 cup chopped seeded raisins
1 cup finely chopped nutmeats
4 egg whites beaten stiff

Cream the butter and sugars together. Add the egg yolks and vanilla and beat thoroughly. Add the potatoes and mix well; then add the milk alternately with the flour which has been sifted with the cocoa, cinnamon, baking powder, and salt. Mix only until smooth, then fold in the raisins and nutmeats and lastly the beaten egg whites. Pour into a VIKO Aluminum Baking and Roasting Pan, spread to the edges, and bake in a moderate oven 350° F., for about 45 minutes. Cool and cover with boiled icing. This cake may be baked in a VIKO Aluminum Tube Cake Pan, extending the baking time to about 60 minutes.

EMERGENCY CAKE

1⅔ cups sifted cake flour
1 cup sugar
¼ teaspoon grated nutmeg or ½ teaspoon vanilla
2 teaspoons baking powder
2 egg whites
Soft butter or substitute as needed
½ cup milk

Sift together the flour, sugar and baking powder. To the whites in a measuring cup add enough soft (not melted) shortening to half fill the cup; add milk to fill the cup; turn into the dry mixture with the nutmeg and beat vigorously 7 minutes. Bake in a VIKO Aluminum Biscuit and Cake Pan in a moderate oven (350° F.).

PRUNE FRUIT CAKE

¾ cup shortening
2 cups sugar
2 eggs, well beaten
1 cup molasses
1 teaspoon soda
4½ cups sifted bread flour
1 teaspoon baking powder
½ teaspoon salt
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon nutmeg
1 cup milk
1 cup raisins
½ cup currants
½ cup shredded citron
½ cup soft prunes

Cream shortening, and add sugar gradually. Add eggs. Add molasses in which the soda has been dissolved. Sift flour with baking powder, salt, and spices, 3 times. Reserve about ¼ cup of this flour for dredging the fruit. Add the flour mixture alternately with the milk, and then the finely cut, dredged fruit. Bake in two greased and paper lined VIKO Aluminum Loaf Pans in a slow oven (275° to 300° F.) for 1½ to 2 hours, or until done.

THANKSGIVING DARK FRUIT CAKE

(To be baked in 1 large or 2 small loaves)

½ cup shortening
⅔ cup light brown sugar
½ cup grape juice or sour milk
½ cup molasses
3 eggs
⅛ teaspoon salt
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon cinnamon
½ teaspoon allspice
⅛ teaspoon mace
¼ teaspoon cloves
2 cups sifted flour
1 teaspoon lemon extract
1 cup raisins
¼ cup candied orange peel
¼ cup currants
¼ cup dates and figs or ½ cup of either
½ cup chopped nuts

Cream shortening, add sugar, beaten eggs and molasses. Add dry ingredients to flour. Add ½ of mixture to chopped fruit. Add rest of flour mixture alternately with liquid to batter. Add floured fruits and nuts, and flavoring. Bake in a VIKO Aluminum Loaf Cake Pan at 300° F. for 1½ hours.

SOFT FRUIT CAKE

⅔ cup dried apricots
1 cup dried apples
1 cup cooked prunes
1 cup raisins
¾ cup shortening
2¼ cups sugar
3 eggs, well beaten
3¼ cups sifted flour
3 teaspoons baking powder
1 teaspoon soda
1 teaspoon salt
1 teaspoon nutmeg
½ teaspoon cloves
½ teaspoon cinnamon
½ cup water
¾ cup milk
2 teaspoons vanilla

Wash apricots, cut in small pieces. Wash apples, remove particles of core, and cut in small pieces. Put the apricots and apples in VIKO Aluminum Vapor-Seal Pan, add ½ cup sugar and ½ cup water, cover, and simmer for 10 minutes. Cool. Remove pits from prunes, and cut in small pieces. Wash raisins in hot water. Drain. Cream shortening, add 1¾ cups sugar gradually. Add eggs. Sift flour with other dry ingredients twice. Add alternately with milk. Add fruits. Blend carefully. Add flavoring. Pour into two greased and paper lined VIKO Aluminum Loaf Cake Pans. Bake in slow oven (325° F.) for 1 hour. Reduce heat to 250° F., and continue baking for about 1 hour or until done.

CHRISTMAS FRUIT CAKE (Dark Fruit Cake)

5 cups sifted cake flour
2 teaspoons baking powder
1 teaspoon soda
2 teaspoons each cinnamon, cloves and nutmeg
2 cups butter or substitute
2 cups sugar
8 eggs beaten light
1 tablespoon molasses
½ cup melted jelly
¾ cup sour milk
½ cup grape juice
6 cups raisins, ground
2 cups dates, ground
1½ cups figs, ground
1½ cups currants
1½ cups citron, cut fine
3 cups apples, gorund
4 cups nut meats, ground

Sift flour with baking powder, soda, and spices three times. Cream butter thoroughly, add sugar gradually, creaming until light and fluffy. Add eggs, mixing well, (if the mixture begins to curdle add a small amount of the flour mixture), then molasses and milk. Combine half the flour with this mixture, add grape juice, beating well, then remaining flour mixed with fruit and nuts. Bake in well oiled VIKO Aluminum Loaf Pan, lined with greased wrapping paper, in slow oven, 250° F. for first hour, 260° F. for 2½ hours.

If you do not wish a crust to be formed on top or sides of the fruit cake, place the pan with cake batter into a larger pan, which has about ½ inch of water in it and place in the oven. Bake at same temperatures.

EVERY-DAY FRUIT CAKE

½ cup of shortening
1 cup sugar
1½ cups of unsweetened apple sauce
1 cup seeded raisins
½ cup chopped nuts
½ cup shredded citron
3 cups sifted cake flour
2 teaspoons soda
2 eggs
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice
½ teaspoon nutmeg
½ teaspoon salt
1 teaspoon vanilla
2 teaspoons lemon juice
1 teaspoon grated lemon rind
2 teaspoons cold strong coffee

Cream shortening, add sugar and mix until light; add beaten eggs. Stir in the apple sauce, which should be quite dry. Dredge the fruit and nuts with one cup of flour. Sift the remainder of the flour with the soda, salt and spices, and combine with the first mixture. Add the vanilla, lemon juice, rind and coffee and mix thoroughly. Add dredged fruit and nuts. Turn into a deep, well-greased VIKO Aluminum Loaf Pan. Bake one and one-half hours in a slow oven, 300° F.

If two smaller pans are used, the baking time will be shorter.

GOLD CAKE

8 egg yolks
1¼ cups granulated sugar
¾ cup butter or substitute
¾ cup milk
2½ cups sifted cake flour
4 teaspoons baking powder
½ teaspoon lemon extract

Sift flour and baking powder three times; cream shortening and sugar thoroughly; beat yolks stiff; add this to creamed shortening and sugar and beat thoroughly; add flavoring, add flour and milk alternately. Pour into VIKO Aluminum Spring-Apart Torte and Cake Pan and put in a moderate oven at once (325° F.). Bake 40 minutes.

APPLE SAUCE FRUIT CAKE

1 cup shortening
2 cups brown sugar
2⅛ cups thick, well-drained apple sauce
⅔ cup molasses
4 eggs, well beaten
6 tablespoons lemon juice
3½ cups sifted cake flour
4 teaspoons soda
3 teaspoons cinnamon
1 teaspoon mace
1 teaspoon allspice
1 teaspoon cloves
2 teaspoons nutmeg
1¾ teaspoons salt
2 lbs. raisins
¼ lb. citron, thinly sliced
1 cup nuts, chopped
1 cup whole wheat flour

Cream shortening and add sugar gradually. Add apple sauce, molasses, eggs and lemon juice. Sift flour with soda, spices, and salt three times. Add gradually to batter. Beat thoroughly. Dredge raisins, citron, and nuts in whole wheat flour and add to mixture. Pour into two greased and paper lined VIKO Aluminum Loaf Cake Pans, and bake in a slow oven (300° to 325° F.) for about 2 hours, or until done.

GROOM'S CAKE (Dark Cake)

1 cup sugar
2 eggs, beaten light
3 tablespoons melted butter or substitute
½ cup milk
1⅓ cups sifted cake flour
2½ teaspoons baking powder
¼ teaspoon salt
4 tablespoons cocoa
½ teaspoon cinnamon and 1 teaspoon vanilla

Assemble all necessary utensils and ingredients, and measure the ingredients carefully. Sift the flour with baking powder, salt, cocoa and cinnamon three times. Break the eggs in a deep Aluminum Mixing Bowl and beat with an Alumiunm Instant-Whip Beater until light. Gradually add the sugar to the eggs, continuing the beating. Next add the melted butter and beat again. Now use a mixing spoon, and add a little of the flour mixture, then a little milk, and so on alternately until all is used, beating the batter after each addition of flour and milk. Pour into a VIKO Aluminum Torte and Spring-Apart Cake Pan and bake 35-45 minutes in an oven temperature of 300-325° F. When done remove from oven and ice with Opera Caramel Icing.

HONEY CRUST CAKE

6 level tablespoons butter or substitute
¾ cup sugar
3 egg yolks
1 cup sifted cake flour
1½ teaspoons baking powder
¼ teaspoon salt
6 tablespoons milk
¾ teaspoon vanilla

Cream the shortening, add the sugar gradually, then the egg yolks, and continue beating until fluffy. Sift flour, baking powder and salt, 3 times. Add flour mixture alternately with the milk. Add vanilla. Pour into an oiled square VIKO Aluminum Layer Cake Pan, and bake in a moderate oven (350° F.) about 20 minutes. Cool. Then spread with:

Honey Crust

⅔ cup honey
1 tablespoon butter
¾ cup chopped nuts

Bring the honey and butter to a boil. Then cook slowly 5 minutes. Cool. Spread half over top of cake. Sprinkle on the nuts. Then glaze the top with remaining honey mixture. May be covered with whipped cream.

FUDGE CAKE

2 cups light brown sugar
⅔ cup butter
4 squares chocolate
2 beaten eggs
½ cup sour milk
2 cups sifted cake flour
½ cup boiling water
1 teaspoon baking powder
1 teaspoon vanilla
Few grains salt
1 teaspoon soda

Sift flour, salt and baking powder together. Cream shortening; add sugar, and egg, and beat well. Add dry ingredients and sour milk alternately. Dissolve chocolate in boiling water, add soda. Stir until smooth. Add vanilla last. Pour into two VIKO Aluminum Layer Cake Pans and bake 30 minutes in a moderate oven. (350° F.).

Use ½ recipe and put into VIKO Spring-Apart Cake Pan with Gold Cake as for Marble Cake. Bake 1 hour at 325° F.

JELLY ROLL

3 eggs
1 cup sugar
5 tablespoons water
1 cup sifted cake flour
2 tablespoons melted butter
1 teaspoon baking powder
¼ teaspoon salt
1 teaspoon vanilla
½ cup jelly or jam

Beat eggs until very light. Add sugar, beating all the while with Aluminum Instant-Whip Beater. Add water and beat well. Sift flour, baking powder, and salt together and add to the egg mixture. Beat quickly until well mixed. Add flavoring and pour immediately into greased VIKO Aluminum Jelly Roll Pan and bake for 15 minutes in a moderate oven (375° F.). When baked, turn upside down on a cloth sprinkled with powdered sugar, and cut edges off cake so it will not split when rolled. Spread with jelly or other filling and roll carefully and quickly, wrapping in towel until cool.

LADY BALTIMORE CAKE

1½ cups sugar
¾ cup butter or substitute
3 eggs
1 cup milk or warm water
3 cups sifted cake flour
¼ teaspoon salt
4 teaspoons baking powder
1 teaspoon almond extract
½ teaspoon vanilla

Sift the dry ingredients four times. Cream shortening, add the sugar gradually, then the egg yolks unbeaten. Add the milk and dry ingredients alternately, beating hard after each addition, then add the flavoring and fold in the stiffly beaten egg whites. Bake in three deep VIKO Aluminum Layer Cake Pans at a temperature of 350° F. for thirty minutes. Put together with Lady Baltimore Filling and white icing. Note: This makes a very large cake.

LEMON CAKE

½ cup butter
1 cup sugar
Yolks 3 eggs and 1 whole egg
2 cups sifted cake flour
2 teaspoons baking powder
¼ teaspoon salt
½ cup sweet milk
Grated rind of 1 lemon

Cream butter and beat in sugar, then add the eggs. Sift flour, baking powder and salt twice. Then add the milk alternately with the flour .Last add the grated lemon rind. Bake in a VIKO Aluminum Loaf Pan at 325° to 350° F. for 50 minutes. Cover with lemon filling.

WHITE FRUIT CAKE

6 tablespoons butter
¾ cup sugar
3 tablespoons coffee or fruit juice
1¼ cups sifted flour
¾ teaspoon baking powder
¾ cup citron, chopped
⅜ cup almonds, shredded
½ cup grated cocoanut
⅜ cup sultana raisins
½ teaspoon almond extract
½ teaspoon vanilla
8 egg whites, beaten until light

Sift the baking powder and flour together 3 times. Prepare the citron, almonds, cocoanut, and raisins, and dredge in ⅓ cupful of the sifted flour. Cream the butter and beat in the sugar gradually. Alternately add the flour mixture with the coffee or fruit juice, then add flavoring, fruit, and nuts. Thoroughly beat the entire mixture. Fold in the beaten egg whites. Turn into oiled VIKO Aluminum Tubed Cake Pan and bake at 300° F. until firm to the touch and the sides begin to pull away from the pan (about 1¼ hours). Turn from the pan and wrap in oiled paper until the day of serving. This does not keep as long as some fruit cakes, but the flavoring is improved by standing a few days.

Suggestions for decorations—Large red Christmas candle in the center, white icing, wreath of holly around the edge. This might be frosted, then decorated with tube with Christmas colors, candies in the center, and holly around the edge.

GINGERBREAD

½ cup shortening
½ cup sugar
2 eggs
1 cup molasses
2½ cups sifted flour
1½ teaspoons soda
2 teaspoons ginger
½ teaspoon salt
1 cup boiling water

Cream shortening, add sugar gradually. Add well beaten eggs and beat well. Add molasses and beat thoroughly. Sift flour, soda, ginger, and salt, three times. Add alternately to mixture with the boiling water, Bake in oiled VIKO Aluminum Baking and Roasting Pan in a moderate oven (325° to 350° F.) for about 40 minutes.

ALMOND MERINGUE GINGERBREAD

¼ cup butter
¼ cup sugar
2 egg yolks
½ cup molasses
⅛ teaspoon salt
½ teaspoon ginger
½ teaspoon cinnamon
1½ cups sifted flour
½ cup boiling water
¾ teaspoon soda

Cream butter and sugar. Add beaten yolks, molasses, then dry ingredients (with exception of soda) sifted together. Dissolve soda in boiling water and stir in quickly, beating smooth. Pour in greased VIKO Aluminum Biscuit Pan and add:

Almond Meringue Topping

2 egg whites
⅜ cup sugar
½ teaspoon vanilla
⅜ cup almonds, blanched and cut in long shreds

Beat the egg whites to a froth and then add a light sifting of the sugar, continuing to add some while beating until all of it has been added gradually. The meringue should hold a point when beater is drawn out of it. Add the vanilla and spread the meringue on top of the gingerbread batter. Sprinkle shredded almonds on top. Bake in moderate oven (350° F.) from 35 to 40 minutes. The almonds should be toasted to a light brown when the cake is finished. If necessary, increase heat the last 10 minutes for baking.

ONE EGG GINGERBREAD

4 tablespoons shortening
½ cup sugar
1 egg
½ cup molasses
2⅓ cups sifted cake flour
1 teaspoon soda
2 teaspoons ginger
1 teaspoon cinnamon
½ teaspoon salt
1 teaspoon baking powder
¾ cup sour milk

Cream shortening, add sugar gradually, then egg well beaten and molasses. Sift flour, soda, ginger, cinnamon, salt and baking powder, twice. Add slowly to the first mixture alternating with the sour milk. Beat batter hard and bake in a VIKO Aluminum Baking and Roasting Pan (350° F.).

MAPLE NUT CAKE

⅓ cup butter or substitute
1 cup light brown sugar
2 egg yolks
¾ cup milk
1½ cups sifted cake flour
2 teaspoons baking powder
1 cup chopped walnuts
1 teaspoon vanilla

Cream the butter thoroughly. Beat the sugar in gradually. Add the egg yolks. Sift flour and baking powder three times. Flour the walnuts with two tablespoons of the flour mixture. Beat in the flour and milk alternately. Add the nuts and vanilla and beat until well mixed. Bake in a VIKO Aluminum Square Cake Pan at 350° F. for about 35 to 40 minutes.

SOUTHERN MOLASSES LAYER CAKE

1 cup molasses
2 tablespoons melted shortening
½ cup hot, strong black coffee
½ cup brown sugar
2 cups sifted cake flour
1 teaspoon soda
½ teaspoon salt
1½ teaspoons cinnamon
¼ teaspoon nutmeg
¼ teaspoon cloves
1 egg

Mix together the molasses, sugar, shortening, and add the hot coffee. To this mixture stir in gradually the dry ingredients which have been sifted together. Add the slightly beaten egg, and pour the batter into three oiled VIKO Aluminum Layer Cake Pans. Bake in a moderate oven (325° F.) for 20 minutes. Let cool slightly, then put the layers together with whipped cream filling prepared as follows:

2 cups whipping cream
1 cup powdered sugar
1 tablespoon strong black coffee

Whip the cream and add the sugar and coffee; spread between the layers and pile on top of the molasses cake. Serve fresh and warm.

NUN'S CAKE

1 cup butter or substitute
1½ cups sugar
5 egg yolks
2 egg whites
¾ cup milk
3 cups sifted cake flour
2½ teaspoons baking powder
¼ teaspoon salt
1 teaspoon vanilla

Beat shortening until soft and creamy, add sugar and yolks of eggs, beating well. Stir in unbeaten whites of eggs and beat one minute. Sift flour with baking powder and salt, adding alternately with milk. Beat well and add flavoring. Pour into VIKO Aluminum Spring-Apart Cake Pan with tubed inset and bake 1 hour and 20 minutes in a moderate oven (345° to 350° F.)

LEMON NUT CAKE

½ cup butter or substitute
1½ cups sugar
3 egg yolks
Grated rind of 1 lemon
1 cup milk
1 cup chopped nuts (if desired)
3 cups sifted cake flour
4 teaspoons baking powder
½ teaspoon salt
3 egg whites

Sift flour and dry ingredients two or three times. Add nuts if used. Cream the shortening thoroughly, add half the sugar gradually. Beat the egg yolks and add remaining sugar to them. Beat hard; combine with first mixture and beat again until light and fluffy. Add grated lemon rind. Add the milk and dry ingredients alternately, beating hard after each addition. Fold in the stiffly beaten egg whites. Bake in two VIKO Aluminum Square Cake Pans 40 minutes in moderate oven (350° F.). Put lemon filling between layers and cover top with white boiled icing.

Note: This makes a very large cake. One-half of recipe can be used satisfactorily.

1-2-3-4 CAKE

1 cup butter
2 cups sugar
3 cups sifted cake flour
4 egg yolks
4 teaspoons baking powder
¼ teaspoon salt
1 cup milk
1 teaspoon vanilla
4 egg whites

Cream the butter, add sugar gradually, creaming mixture well. Beat yolks until light. Add to the creamed butter and sugar mixture. Sift flour, baking powder and salt three times. Add flour and milk alternately to first mixture, beating batter hard after each addition. Add flavoring. Fold in the stiffly beaten egg whites and bake in two VIKO Aluminum Layer Cake Pans in a moderate oven.

FROZEN ORANGE CAKE

½ cup butter or substitute
1 cup sugar
2 cups sifted cake flour
3 teaspoons baking powder
3 egg whites
⅔ cup milk
1 teaspoon orange extract

Beat the shortening until light and fluffy. Add sugar gradually, beating after each addition. Sift the flour and baking powder three times. Beat egg whites until very light and fluffy. To the creamed shortening and sugar add alternately the milk and the flour mixture; beat entire mixture until smooth. Add flavoring and fold in the beaten egg whites. Pour into an oiled VIKO Aluminum Ring Mold. Bake in moderate oven, 350° F., for about 35 minutes. Remove from mold as soon as you take it from oven and place on a large flat plate.

Cover with whipped cream and fill center with orange ice and serve.

PEANUT BUTTER CAKE

2 cups sifted cake flour
3 teaspoons baking powder
¼ cup shortening
¼ cup peanut butter
1 cup sugar
2 eggs
¾ cup milk
½ teaspoon vanilla
½ teaspoon salt

Sift flour, salt and baking powder three times. Cream shortening, add peanut butter. Beat and add sugar slowly, beating thoroughly. Next add eggs well beaten and beat again. Add flour mixture and milk alternately. Bake in 2 VIKO Aluminum Layer Cake Pans in moderate oven (350° F. for 30 minutes).

PRUNE CAKE

½ cup butter
1½ cups sugar
2 eggs
1 cup sour milk
2½ cups sifted cake flour
1 teaspoon baking powder
1 teaspoon each cloves, allspice and cinnamon
1 teaspoon soda
1 cup cooked prune pulp, chopped fine

Cream butter, add sugar gradually, then beaten eggs and prune pulp. Mix and sift dry ingredients, add alternately with milk to first mixture. Bake in two greased VIKO Aluminum Deep Layer Cake Pans in a moderate oven (325° to 350° F.) for 35 minutes. Fill with seven minute icing, to which has been added ½ teaspoon cinnamon and 1 cup chopped nuts.

SPECIAL STRAWBERRY SHORTCAKE

3 egg yolks
¼ cup cold water
1½ cups sugar
Grated rind of 1 lemon or ½ teaspoon lemon extract
1 cup sifted cake flour
¼ cup cold water
1 cup sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
3 egg whites

Use an Aluminum Instant-Whip Beater; beat the egg yolks, then beat in each ingredient, one after another, in the order enumerated, adding the baking powder and salt with the last cupful of flour; then fold in the egg whites beaten very light. Bake in VIKO Aluminum Torte Pan with raised inset. Fill cavity with strawberries and whipped cream.

HEAVENLY SPICE CAKE

1 cup butter
2½ cups sugar
2 eggs, unbeaten
8 tablespoons cocoa
2 teaspoons soda
1 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon vanilla
1 teaspoon salt
2 cups buttermilk
3 cups sifted cake flour

Cream butter and 1½ cups sugar. Add eggs one at a time, beating well after each addition. Mix remaining sugar with cocoa and spices and add to the first mixture. Add alternately the buttermilk and flour sifted with soda. Bake in VIKO Aluminum Cake Pan.

HONEY SPICE CAKE

1 cup butter or substitute
⅓ cup sugar
¾ cup honey
2 eggs
3 cups sifted cake flour
4 teaspoons baking powder
½ teaspoon salt
1½ teaspoons cinnamon
½ teaspoon nutmeg
½ teaspoon cloves
1 cup sour milk
½ teaspoon soda
1 teaspoon vanilla
½ cup chopped nuts

Cream the shortening and add the sugar gradually. Beat in the honey. Beat the egg yolks and add. Sift flour, baking powder, salt, and spices three times. Save some to flour the nuts. Add alternately with the sour milk in which the soda has been dissolved. Add the nuts and vanilla. Fold in the beaten egg whites. Bake in two layers in VIKO Aluminum Deep Layer Cake Pans in a moderate oven (350° F.) for about 30 minutes.

WHITE LAYER BUTTER CAKE

½ cup butter or substitute
1 cup sugar
3 egg whites
⅔ cup milk
3 teaspoons baking powder
2 cups sifted cake flour
1 teaspoon flavoring

Cream the butter, add the sugar gradually. Sift flour with baking powder. Add milk and dry ingredients alternately, making first addition of flour. Beat the batter until smooth. Fold in the stiffly beaten egg whites. Bake in two VIKO Aluminum Layer Cake Pans at 350° F. for 35 minutes.

PLAIN WHITE CAKE

½ cup butter or substitute
1 cup sugar
2 cups sifted cake flour
3 level teaspoons baking powder
3 egg whites
⅔ cup milk
1 teaspoon flavoring extract

Cream shortening; gradually add the sugar to the shortening, beating the mixture meanwhile. Sift the dry ingredients 3 times. Beat the egg whites until very light and fluffy. To the creamed shortening and sugar add alternately the ⅔ cup of milk, and the flour with the baking powder. Now thoroughly beat the mixture until smooth. Add flavoring. Then fold in the egg whites. Pour into a greased VIKO Aluminum Cake Pan. Bake in a moderate oven (350° to 375° F.) for 35 minutes.

YELLOW CAKE

6 tablespoons butter or substitute
1 cup sugar
3 egg yolks
⅔ cup milk
2 cups sifted cake flour
3½ teaspoons baking powder
1 teaspoon vanilla

Cream the shortening, add the sugar gradually, creaming mixture well. Add beaten egg yolks. Sift flour, add baking powder, and sift several times. Add dry ingredients and milk alternately to the mixture, beating hard after each addition. Bake in a VIKO Aluminum Loaf Pan at 325° to 350° F. 35 minutes.

WHIPPED CREAM CAKE

1 cup whipping cream
3 egg whites
¾ teaspoon salt
3 teaspoons baking powder
1½ cups sugar
2 cups sifted cake flour
½ cup water

Whip the cream until stiff, beat the egg whites stiff, mix the two together, gradually adding water, drop by drop. Add one teaspoon vanilla, sift the dry ingredients with one-half teaspoon salt. Add to the above, bake in VIKO Aluminum Layer Cake Pans. When cool, put together with whipped cream icing. Add ¼ teaspoon salt to the whipped cream.

Icing:
2 cups powdered sugar
6 tablespoons of whipped cream
1¼ teaspoons vanilla
1½ teaspoons milk
1½ squares of bitter chocolate

Add ¼ teaspoon salt to the whipped cream. Add the powdered sugar gradually; add ¼ teaspoon or more of milk until it will spread, then the rest of the vanilla. Spread between and on top of layers. Melt chocolate and put over the top.

PINEAPPLE SKILLET CAKE

1 cup brown sugar
3 tablespoons butter
6 slices pineapple
3 eggs (separated)
1 cup granulated sugar
1½ cups sifted cake flour
½ cup pineapple juice
1½ teaspoons baking powder
¼ teaspoon salt
1 teaspoon vanilla

Melt the brown sugar and butter in VIKO Aluminum Skillet. When it foams put in a layer of sliced pineapple. Then pour sponge batter over the pineapple. Bake in a moderate oven thirty minutes (350° F.). Serve with whipped cream.
Method for Sponge Batter: Beat egg yolks, add sugar; then add pineapple juice and dry ingredients alternately. Add flavoring.

PUNGENT TOPSY-TURVY CAKE

1 large can plums or prunes, drained
2 tablespoons butter
½ cup brown sugar

THE CAKE

½ cup butter
1½ cups light brown sugar, sifted
2 eggs, beaten
½ cup cold coffee (or milk)
2 cups sifted cake flour
3 teaspoons baking powder
1 teaspoon ground cinnamon
½ teaspoon ground mace
¼ teaspoon cloves
¼ teaspoon salt

Sift flour, baking powder, cinnamon, mace, cloves and salt. Cream the butter, gradually beat in the sugar. Add the eggs to the creamed butter and sugar mixture. Add a little flour, then a little coffee or milk and so on alternately until all is used, beating the batter hard after each addition of flour and liquid.
Melt the butter in VIKO Aluminum Deep Square Cake Pan, cover with brown sugar and add plums. Pour in the cake batter and bake in a moderate oven for about three-quarters of an hour (325° to 350° F.). Turn out upside down on a serving dish. The top may be decorated with candied or maraschino cherries or whipped cream or both, but it is good enough as it comes from the pan.

POPPY SEED CAKE (Bohemian)

½ cup poppy seed
1½ cups milk
1½ cups sugar
½ cup butter
2 cups sifted cake flour
2 teaspoons baking powder
4 egg whites, beaten
1 teaspoon vanilla

Grind poppy seed. Heat ½ of the milk, pour over poppy seed, let stand over night. Cream butter, add sugar and add poppy seed mixture. Add flour and baking powder, mixed, alternately with remainder of milk, and last the beaten egg whites. Place in two VIKO Aluminum Layer Cake Pans and bake at 350° F. for 25 minutes. Ice with chocolate icing.

POPPY SEED CAKE

3 teaspoons baking powder
¼ cup poppy seed (unground and dry)
⅔ cup milk
1 teaspoon vanilla
1 cup sugar
3 egg whites, beaten stiff
½ cup butter or substitute
2 cups sifted cake flour

Sift the flour and baking powder three times. Cream the butter and beat in the sugar slowly. Add the vanilla, then alternate the milk and flour mixture. Beat in the poppy seeds and then fold in the beaten egg whites. Pour into well oiled square VIKO Aluminum Cake Pan. Bake at 350° F. until done to the touch. Remove from the pan, cool and frost with 7 minute icing or white boiled icing.

POUND CAKE

1 lb. butter
2 cups sugar
8 eggs
3¾ cups sifted cake flour
1 teaspoon baking powder
⅛ teaspoon salt
1 teaspoon vanilla

Beat the butter until light; add sugar gradually, creaming mixture well. Add the eggs, one at a time, without separating or beating. Sift the flour, baking powder and salt, twice. Add the flour gradually, and beat the batter hard. Add flavoring. Turn into greased VIKO Aluminum Angel Food Cake Pan and bake one hour in a slow oven (300° to 325° F.).

WHITE POUND CAKE

1¾ cups butter
2 cups sugar
1¼ cups egg whites
3¾ cups sifted cake flour
1 teaspoon baking powder
1 teaspoon vanilla

Cream the butter thoroughly, add the sugar gradually, add the egg whites, one or two at a time without beating them first. Beat each addition into the sugar and butter mixture before any more are added. Sift the flour and baking powder several times. Add the flour mixture to the batter after all of the egg whites have been beaten into it. Beat the batter thoroughly, after the flour is added. Pour into VIKO Aluminum Angel Food Cake Pan and bake very slowly for one hour at 300°-325° F.

Use 1½ recipe to fill both large and small Spring-Apart Pans for wedding cake.

NUT SPICE CAKE

½ cup butter
1 cup brown sugar
½ cup molasses
Yolks of 4 eggs
1 cup sour milk
2½ cups sifted cake flour
1 teaspoon soda
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon grated nutmeg
1 cup raisins, chopped
½ cup currants
½ cup chopped walnuts
1½ teaspoons baking powder

Cream shortening, add the sugar, gradually. Add the beaten egg yolks and beat hard. Mix and sift the dry ingredients, use part of the mixture for dredging the fruit and nuts. Add the soda and molasses to the sour milk. Add alternately with the dry ingredients to the first mixture, beating after each addition. Add the floured nuts and fruit, mixing thoroughly. Bake slowly (325° to 350° F.) for 45 minutes in VIKO Aluminum Loaf Cake Pan.

LILY WHITE CAKE

½ cup butter or substitute
1½ cups sugar
½ cup milk
3 cups sifted cake flour
¼ teaspoon salt
3 teaspoons baking powder
½ cup water
1 teaspoon vanilla
¼ teaspoon almond extract
3 egg whites, beaten very light

Cream the shortening; gradually work in the sugar. Sift together the flour, baking powder, and salt; add to the first mixture alternately with the water and the milk; beat in the extracts and fold in the egg whites. Bake in VIKO Aluminum Layer Cake Pans in moderate oven (350° F.) for 35 minutes.

TWO MINUTE CAKE

1 cup sugar
2 egg whites (or whole eggs)
3 teaspoons baking powder
¼ teaspoon salt
¼ cup shortening
½ cup milk
1⅞ cups sifted cake flour
¼ teaspoon flavoring

Put all ingredients together in mixing bowl, beat hard for two minutes. Bake in a VIKO Aluminum Loaf Pan in a moderate oven (350° F.) or in 2 VIKO Aluminum Layer Cake Pans at 375° to 400° F.

ANGEL FOODS and SPONGE CAKES

ATTRACTIVE WAYS OF SERVING ANGEL FOOD CAKE

ANGEL FOOD DELIGHT

Cut Angel Cake into slices for individual servings. On each slice place a large spoonful of flavored and sweetened whipped cream. Sprinkle grated cocoanut over this and top with a cherry.

ANGEL FOOD NUGGETS

With two forks pull an Angel Food Cake apart into irregular chunks. Pour chocolate icing over each piece and let harden before serving.

PINEAPPLE DAINTY

Place a square piece of Angel Cake in a tall individual glass; above this set a slice of canned pineapple partially cut into pieces for eating, but still holding its shape. To the juice from the can of pineapple add a little sugar and 1 or 2 tablespoons of lemon juice, and cook to a syrup. Add enough of the red liquid from a bottle of maraschino cherries to tint the syrup pink, or tint with red color paste. Pour the syrup over the pineapple and cake. Put a spoonful of whipped cream on the pineapple and garnish with a cherry.

SMALL ANGEL FOOD CAKE

½ cup egg whites
⅛ teaspoon salt
⅝ cup fine granulated sugar (sifted)
⅜ teaspoon cream of tartar
⅛ teaspoon almond extract
⅜ teaspoon vanilla extract
½ cup sifted cake flour

Pour the egg whites on a large platter or in a large bowl, add salt and beat with a flat egg beater until foamy. Add cream of tartar and continue beating until the eggs are stiff enough to hold up in peaks, but not dry. Fold in the sugar, 1 tablespoon at a time. Add flavoring. Fold in the flour in the same manner as the sugar. Pour into an ungreased VIKO Aluminum Ring Mold and bake in a very slow oven (275° F.) 50 to 60 minutes, increasing heat slightly when cake is almost done. Remove cake from oven and invert mold for 1 hour or until cake is cold. Remove with a broad-bladed knife.

CARAMEL ANGEL FOOD

1½ cups light brown sugar
½ cup water
1¼ cups egg whites
¼ teaspoon salt
1 teaspoon cream of tartar
1 teaspoon vanilla
1 cup sifted cake flour

Place sugar and water in a VIKO Aluminum Sauce Pan and cook until it becomes thick and will spin a thread when dropped from tip of spoon. While syrup is cooking beat egg whites with salt added until frothy—add cream of tartar and continue beating until whites are stiff but not dry. Pour syrup slowly over egg whites, beating continuously until all syrup is used. Fold flour in gradually, add vanilla extract. Pour in ungreased VIKO Aluminum Angel Cake Pan and bake in slow oven (275°-300° F.) one hour. Invert and cool.

CHOCOLATE ANGEL FOOD

1¼ cups egg whites
2 level cups granulated sugar (sifted 4 times)
½ teaspoon cream of tartar
1 cup sifted cake flour
¼ cup cocoa
¾ teaspoon vanilla extract
¼ teaspoon salt

Add salt to the egg whites and beat until frothy, then add the cream of tartar and beat quite stiff but not dry. Then add the sugar and cocoa which has been sifted 4 times. Then add the vanilla extract, and last fold in the flour. Bake in VIKO Aluminum Angel Food Cake Pan at 275° F. for 50 to 60 minutes. Invert and cool for 1 hour. Remove from pan.

MAPLE-NUT ANGEL FOOD

¼ cup egg whites
1¼ cups sifted cake flour
1½ cups sugar
1 teaspoon salt
1 teaspoon cream of tartar
1 teaspoon maple flavoring
1 cup pecan meats

Proceed as for Angel Food. Add pecan meats and substitute maple flavoring for vanilla or almond.

Beat egg whites with salt until frothy, add cream of tartar and beat until stiff but not dry. Fold in sugar 1 tablespoon at a time, then fold in the flour, which has been sifted 4 times, add flavoring and nuts. Turn into an ungreased VIKO Aluminum Angel Food Cake Pan and bake 50 to 60 minutes in a slow oven (275°-300° F.)

MARBLE ANGEL FOOD

1½ cups egg whites
¼ teaspoon salt

White Part

½ cup sifted cake flour
½ teaspoon vanilla
1 teaspoon cream of tartar
1½ cups sugar (sifted)

Dark Part

2 tablespoons cocoa
6 tablespoons sifted cake flour
¼ teaspoon lemon extract

Add salt to egg whites and beat until foamy; then add cream of tartar and beat until the whites are stiff but not dry. When all the sugar has been folded in, divide the egg mixture into two equal parts. To one part, fold in carefully ½ teaspoon vanilla and ½ cup cake flour, which has been sifted four times. To the other part add the lemon extract, and the cocoa and 6 tablespoons cake flour, which have been sifted together five times.

Put these two batters into VIKO Aluminum Angel Food Pan alternating the white and dark. Bake one hour in a slow oven (275° to 325° F.). Invert to cool for 1 hour.

MOCK ANGEL FOOD CAKE
(President's Angel Food)

1 cup sifted cake flour
1 cup sugar
3 teaspoons baking powder
1 cup milk
½ teaspoon vanilla
Whites of 3 large eggs

Put milk in VIKO Aluminum Double Boiler and heat to scalding point. Sift flour, sugar and baking powder together three times. Beat the whites until stiff. Pour the hot milk into the flour mixture and stir until smooth, then fold in the beaten whites of eggs adding the vanilla while folding. Bake in ungreased VIKO Aluminum Angel Cake Pan about 40 minutes in a rather slow oven (300° F.). Invert pan to cool.

TUTTI-FRUTTI ANGEL FOOD

To Angel Food recipe add:

½ cup nut meats (walnuts and pecans best)
¼ cup shredded cocoanut
¼ cup chopped raisins
¼ cup glacéed cherries
¼ cup candied pineapple

Fold in carefully and bake as ordinary Angel Food.

ANGEL ROLL

¾ cup egg whites
¼ cup ice water
¼ teaspoon salt
1 cup sugar
1 cup sifted cake flour
1 teaspoon vanilla
¾ teaspoon cream of tartar

Beat egg whites, water and salt until frothy. Sift in the cream of tartar and beat until stiff but not dry. Fold in the sugar, then the flour. Line a VIKO Aluminum Jelly Roll Pan with waxed paper, and grease the sides. Pour in the batter to ½ inch depth. Bake in a slow oven, 275° F., about 35 minutes. Turn out on to a sugared cloth and remove paper at once. Cut edges and spread with jelly or jam. Roll up and cool.

FRUIT SALAD CAKE

Bake an angel food or sponge cake in a VIKO Aluminum Angel Cake Pan. When cool, cut out an additional amount of cake to make a larger hole.
Mold a fruit gelatin in a mold which will fit the hole in the cake. When gelatin has set, turn it into the cake and cover the entire dessert with whipped cream. (Use pieces of cake cut out for ice box cake.)

ANGEL SPONGE CAKE

1½ cups egg whites
1½ cups sugar
½ teaspoon salt
1 teaspoon cream of tartar
6 egg yolks
½ cup sifted cake flour—white part
½ teaspoon vanilla—white part
⅔ cup sifted cake flour—yellow part
½ teaspoon orange extract—yellow part

Put egg whites in large Aluminum Mixing Bowl, beat until foamy. Add salt and cream of tartar, beat until stiff but not dry. Carefully fold in the sugar and divide the mixture in two parts. To one part, carefully fold in ½ cup cake flour, sifted 5 times, and ½ teaspoon vanilla. To the other, fold in 5 beaten egg yolks, ⅔ cup cake flour, sifted 5 times and ½ teaspoon orange extract. Put by spoonfuls into ungreased VIKO Aluminum Angel Cake Pan, alternating yellow and white as in marble cake. Bake 60 minutes in a moderate oven (300°-350° F.). Invert pan, let stand 60 minutes before removing from pan.

BUTTER SPONGE CAKE

6 egg yolks
3 egg whites
1¼ cups sugar
2½ cups sifted cake flour
½ cup water or coffee
½ cup melted butter
¼ teaspoon salt
3 teaspoons baking powder

Beat eggs very light, beat in sugar slowly, then add the sifted dry ingredients alternately with liquid, mixing gently to keep the batter spongy. Stir in melted butter, and flavoring if water is used. Bake in VIKO Aluminum Torte Pan in moderate oven (340° F.) about 40 minutes, and invert to cool.
Split carefully into two or three layers, spread with filling, and cover top with frosting.

RIBBON ANGEL FOOD

1¼ cups egg whites (8 to 10 eggs)
1 teaspoon cream of tartar
1½ cups fine granulated sugar (sifted)
¼ teaspoon almond extract
1¼ cups sifted cake flour (sift 4 times)
¼ teaspoon salt
¾ teaspoon vanilla extract

Pour the egg whites on a large platter or into a large bowl, add salt and beat with an Aluminum Instant-Whip Beater until foamy. Add cream of tartar and continue beating until the eggs are stiff enough to hold up in peaks, but not dry. Fold in the sugar, 1 tablespoon at a time. Add flavoring. Fold in the flour in the same manner as the sugar. Divide the Angel Food batter into two equal parts and to one part add enough pink coloring to tint, to second part add green coloring. Put batter into VIKO Aluminum Angel Food Pan alternating colors as for marble cake. Bake 1 hour in slow oven (275° to 325° F.). Cool 1 hour. Cut from pan. Ice with colored icing and decorate with candied flowers.

If desired omit coloring and bake as plain white angel food. Angel food or sponge cakes may be baked in the VIKO Aluminum Vapor-Seal Dutch Oven. Place the tubed inset from the Angel Cake Pan into the Dutch Oven, and pour in batter, cover and place over simmering burner, or a very low heat, for 30 minutes, raise heat slightly for 15 minutes. Remove cover and invert pan, let cool for at least 1 hour. Remove cake from Dutch Oven.

CHOCOLATE SPONGE CAKE

5 egg yolks
1 cup sugar
5 egg whites
½ lemon, grated rind and juice
¾ cup cake flour
¼ teaspoon salt
4 tablespoons cocoa

Sift the flour five times before measuring, grate the lemon rind into the sugar, extract the juice. Separate the eggs, and beat the egg yolks until thick and lemon colored. Add the lemon juice to them. Beat the egg whites until stiff. Carefully fold in the sugar to egg whites, then fold in yolks; then flour, cocoa, and salt sifted together 3 times. Do not stir or beat. Bake in a VIKO Aluminum Loaf Pan in a moderate oven (325° to 350° F.).

ECONOMY SPONGE CAKE

2 eggs, separated
1 cup sugar
5 tablespoons cold water
½ teaspoon salt
1 tablespoon lemon juice
1⅓ cups sifted cake flour
2 teaspoons baking powder

Beat the egg yolks with an Aluminum Instant-Whip Beater until thick, add the sugar gradually and continue beating. Add water and lemon juice. Sift flour, baking powder and salt. Add gradually to the first mixture. Fold in the stiffly beaten egg whites. Bake about 30 minutes in VIKO Aluminum Torte Pan with raised inset in a moderate oven (350° F.).

Fill the cavity with strawberries and whipped cream.

EGG YOLK SPONGE CAKE

12 egg yolks
2 cups sugar
1 cup boiling water
1 teaspoon salt
4 teaspoons baking powder
3 cups sifted cake flour
2 teaspoons lemon extract

Beat egg yolks until light with an Aluminum Instant-Whip Beater; add sugar gradually, then water, beating meanwhile. Add flour, sifted with baking powder and salt, and beat thoroughly. Bake in large VIKO Aluminum Angel Cake Pan in a moderate oven (350° F.) about one hour.

ORANGE SPONGE CAKE

6 eggs (separated)
1½ cups sugar (sifted several times)
½ teaspoon cream of tartar
¼ teaspoon salt
1 orange (grated rind)
¼ cup orange juice
1¼ cups sifted cake flour

Beat egg yolks stiff, add gradually the sifted sugar. Add the grated orange rind and juice. Sift flour six times and mix thoroughly with first mixture. Beat egg whites stiff, add salt and beat until foamy, then add cream of tartar and beat until creamy. Fold into cake batter carefully. Bake in an oiled VIKO Aluminum Angel Cake Pan for 50 minutes in a slow oven (250°-300° F.).

SUNSHINE CAKE

1½ cups sugar
½ cup water
6 egg whites
¼ teaspoon salt
6 egg yolks
1 cup sifted cake flour
¾ teaspoon cream of tartar
1 teaspoon orange extract

Boil sugar and water until it threads when dropped from tip of spoon. Pour the hot syrup in a fine stream on the beaten egg whites to which salt and cream of tartar have been added, beating mixture until cool. Then add the well beaten egg yolks. Sift the flour three times. Fold very carefully into the egg mixture. Add extract. Pour into an ungreased VIKO Aluminum Angel Cake Pan and bake 50-60 minutes in a moderately slow oven, 325° to 350° F. When done invert to cool.

MOSS CAKE

10 egg yolks
¾ cup sugar
¾ teaspoon cinnamon
⅛ teaspoon cloves
¼ teaspoon salt
¾ teaspoon baking powder
½ cup sifted cake flour
¼ cup chopped nuts
Rind of 1 lemon, grated
3 egg whites, beaten stiff

Sift the cinnamon, cloves, salt, baking powder, and flour together. Beat the egg yolks with an Aluminum Instant-Whip Beater until frothy. Then slowly beat in the sugar. Add the sifted dry ingredients, nuts, and grated lemon rind, and beat until well blended. Fold in the egg whites, beaten stiff. Pour into VIKO Aluminum Torte Pan. Bake in a moderate oven, 350° F., for about 45 minutes. Ice with boiled maple icing.

BAKING SPONGE CAKES ON TOP OF THE STOVE

Follow directions for mixing cake; place tube inset of VIKO Aluminum Angel Food Cake Pan into VIKO Aluminum Dutch Oven, pour in batter, then cover and, if using gas, put over very low heat for 30 minutes, then increase heat slightly for 15 minutes; and if using electricity, bake 30 minutes on low and 2 minutes on medium. Remove from stove, uncover and turn upside down until thoroughly cool—about 1 hour—then loosen from sides by running a spatula around edge of cake.

CREAM VELVET CAKE

2 eggs, beaten light
1 cup sugar
1 cup sifted cake flour
½ cup boiling water
2 teaspoons baking powder
1 teaspoon lemon juice or vanilla, or both

Beat eggs until light, add sugar and beat; then add flavoring. Add boiling water; then gradually flour sifted with baking powder. Bake in VIKO Aluminum Loaf Cake Pan at 325° F. for 15 minutes and 350° F. for 30 minutes or until done.

CHOCOLATE ROLL

6 tablespoons sifted cake flour
6 tablespoons cocoa
1 teaspooon baking powder
¼ teaspoon salt
¾ cup sifted sugar
4 egg whites, stiffly beaten
4 egg yolks, well beaten
1 teaspoon vanilla

Sift flour, cocoa, baking powder, and salt 3 times. Fold sugar into stiffly beaten egg whites, a small amount at a time. Add egg yolks and vanilla. Fold in flour gradually. Pour into greased VIKO Aluminum Jelly Roll Pan and bake in hot oven (400° F.) 13 minutes. Turn out at once on cloth covered with powdered sugar. Quickly cut off crisp edges of cake. Spread Boiled Icing over cake and roll. Wrap in cloth until cool. Cover with Chocolate Frosting.

JELLY ROLL

3 eggs
1 cup sugar
5 tablespoons water
1 cup sifted cake flour
1 teaspoon baking powder
¼ teaspoon salt
1 teaspoon vanilla

Beat eggs until very light. Add sugar, beating all the while with Aluminum Instant-Whip Beater. Add water and beat well. Sift flour, baking powder, and salt together and add to the egg mixture; beat quickly until well mixed. Add flavoring and pour immediately into VIKO Jelly Roll Pan which has been greased and lined with paper, and bake for 15 minutes in a (375° F.) oven. When baked, turn upside down on a cloth sprinkled with powdered sugar, remove paper, cut edges off cake so it will not split when rolled. Spread with jelly. Roll carefully and quickly, wrapping in towel until thoroughly cool.

TORTES

CHOCOLATE DATE TORTE

1 pkg. (½ lb.) dates
1 cup boiling hot coffee
1 teaspoon soda
¼ cup shortening
1 cup sugar
1 egg
1¼ cups sifted cake flour
1 teaspoon baking powder
¼ teaspoon salt
¼ cup ground chocolate
1 cup chopped nuts
1 teaspoon vanilla

Sprinkle the dates with the soda. Add the coffee. Let this stand while preparing the remainder. Cream the shortening well, add the sugar gradually, and then well beaten egg and chocolate. Sift the flour, baking powder, and salt several times. Add the flour mixture and the nuts alternately with the date mixture. Add the vanilla. Pour into VIKO Aluminum Spring-Apart Torte and Cake Pan, and bake at 325° F. for about 35 minutes. Serve hot or cold with plain or frozen whipped cream.

CHOCOLATE ICE-BOX CAKE

½ lb. vanilla wafers, crushed
Chocolate pudding
Whipped cream
Cocoanut

Line the bottom of a well buttered VIKO Aluminum Torte and Cake Pan with the crushed wafers. Cover with a layer of pudding. Continue with alternate layers, having pudding for the top layer. Set in a cool place until serving time. Cover with sweetened and flavored whipped cream. Sprinkle with cocoanut.

ALMOND TORTE

1⅔ cups (½ lb.) confectioners sugar
2¼ cups (½ lb.) finely ground almonds
½ cup chopped dates
Grated rind of 1 lemon
1 teaspoon baking powder
¼ teaspoon salt
7 egg yolks (beaten)
7 egg whites (beaten)

Blend dry ingredients, lemon rind and dates in an Aluminum Mixing Bowl. Add beaten egg yolks, mixing well. Fold in egg whites which have been beaten stiff but not dry. Bake in a VIKO Aluminum Spring Form with tubed inset, for 1¼ hours at 250° F. Serve with whipped cream to which has been added Maraschino cherries cut in quarters.

APPLE TORTE

3 cups sweetened apple sauce
1 cup whipping cream
2 egg whites
2 egg yolks
½ cup sugar
2 tablespoons flour
1 cup hot milk
½ teaspoon orange extract
½ teaspoon vanilla
2 tablespoons granulated gelatin
Vanilla wafers

Make custard of sugar, flour, egg yolks and hot milk. Add gelatin which is dissolved in cold water and apple sauce. Cool and when slightly thickened, fold in flavoring, beaten egg whites and cream. Place layer of vanilla wafers (or crumbs) in VIKO Aluminum Spring-Apart Cake Pan, add layer of apple custard, wafers, custard, etc. until all is used. Chill over night in refrigerator. Garnish with cherries or fresh fruit.

BLITZ TORTE

½ cup butter or substitute
½ cup sugar
4 egg yolks, beaten light
1 teaspoon vanilla
3 tablespoons milk
1 cup sifted cake flour
1 teaspoon baking powder
4 egg whites

Cream the shortening; gradually beat in the sugar, egg yolks, vanilla, milk and flour sifted with the baking powder. Spread the mixture in well oiled VIKO Aluminum Spring-Apart Torte and Cake Pan with flat bottom inset.
Whip the whites of 4 eggs very light, add ¾ cup of sugar gradually, and spread on the unbaked mixture. Sprinkle with ½ cup chopped or ground blanched almonds, 1 tablespoon sugar, and ½ teaspoon cinnamon, and bake in a moderate oven (350° F.) about 30 minutes, then reduce heat to 325° F. and bake 15 minutes.

MAPLE ICE-BOX CAKE

1 cup milk
1 cup maple syrup
⅛ teaspoon soda
4 egg yolks
2 tablespoons gelatin
4 tablespoons cold water
⅔ cup chopped nuts
4 egg whites
1 cup whipping cream
Lady fingers

Heat the milk, maple syrup, and soda in VIKO Aluminum Double Boiler. Pour gradually over beaten egg yolks, return to double boiler, and continue cooking until thick, stirring constantly. Pour onto the gelatin that has been soaked in cold water. Stir until dissolved. Let stand until it begins to thicken and then fold in the nuts, beaten egg whites, and the beaten cream. Pour into VIKO Aluminum Spring-Apart Torte and Cake Pan lined (sides and bottom) with lady fingers. Set in refrigerator until firm. Serve garnished with whipped cream and whole pecans or chopped walnuts.

CHEESE TORTE

1½ lbs. cottage cheese
1 cup sugar
4 eggs
1 cup cream
Speck of salt
½ lemon, juice and rind
¼ cup flour
1 pkg. zwieback (6 ozs.) or 2 cups graham cracker crumbs
1 cup sugar
1 teaspoon cinnamon
½ cup butter, melted
¼ cup pistachio nuts chopped (if desired)

Roll zwieback fine, mix with 1 cup sugar, cinnamon and the butter melted, and set aside ¾ cup of the mixture to sprinkle over top. Oil a VIKO Aluminum Spring-Apart Torte and Cake Pan well, spread and press zwieback mixture on bottom and side of form. Beat eggs, without separating, with sugar until light; add salt, flavoring, and if desired vanilla. Stir the cream in well, then add cheese and flour, and mix all together and strain through a fine sieve. Stir until smooth, pour into zwieback lined form, sprinkle remaining zwieback mixture over top, add nuts, and bake in a moderate oven, 325° F., 1 hour. Let stand 1 hour or until cooled, remove rim of spring form, and place with flat bottom on serving plate.

Note: No sugar need be added to the crumbs if graham crackers are used.

GELATIN ORANGE ICE BOX CAKE

2 cups milk
2 tablespoons cornstarch
1 cup sugar
2 eggs or 4 yolks
1 tablespoon gelatin
2 tablespoons cold water
¾ cup orange juice
1 teaspoon grated orange rind
2 cups whipping cream
1½ dozen lady fingers

Heat milk in VIKO Aluminum Double Boiler. Mix the cornstarch, sugar, and eggs thoroughly. Pour the hot milk over the egg mixture and return to the double boiler, and continue to cook until thickened (10 minutes). Add the gelatin soaked in cold water, orange juice and rind. Place this in refrigerator until cool and slightly thickened. Fold the stiffly beaten whipped cream into the orange mixture. Split the lady fingers and cut about ¾ inch from the end of each half. Stand these around the edge of the VIKO Aluminum Spring-Apart Torte and Cake Pan with flat bottom inset, and line the bottom of it with the small sections cut from the halves. Pour the whipped cream mixture into the lined mold, and let stand several hours until stiffened. Remove the side from the spring form mold, and serve at the table.

ORANGE ICE BOX CAKE

4 egg yolks
1 whole egg
¾ cup sugar
2 cups whipping cream
5 tablespoons orange juice
1 grated orange rind (small orange)
½ teaspoon lemon juice
Sponge cake or 2 dozen lady fingers

Put the white of one and the yolks of five eggs in top of VIKO Aluminum Double Boiler with the cup of sugar. Set white and yolks over hot water and beat with Instant-Whip Beater, while they cook gently, for 10 minutes. Then beat the cream very stiff. Slowly beat in the juices and rind and set aside about ¾ cup of the mixture. Mix the remaining flavored whipped cream with the egg mixture. Line a mold with slices of sponge cake (or lady fingers), put the egg mixture on top of this and top with reserved whipped cream, and set in refrigerator for several hours until filling stiffens and then serve.

MAPLE SCHAUM TORTE

Schaum Torte
- 6 egg whites
- 2 cups sugar
- 1 tablespoon vinegar
- 1 teaspoon vanilla

Beat the egg whites very stiff. Add the sugar gradually, beating constantly. Add vinegar and vanilla. Beat until well blended. Pour into an oiled VIKO Aluminum Spring-Apart Torte and Cake Pan and bake in a slow oven (250° F.) until firm. Remove top and fill with the following Maple Icing:

Maple Icing

- 6 egg yolks
- 1 cup maple syrup
- 2 teaspoons gelatin
- 3 cups whipped cream
- ¼ cup water

Beat the egg yolks in the top section of a double boiler and stir in the maple syrup. Place over rapidly boiling water. Continue stirring and cooking until the mixture thickens. Add the gelatin which has soaked for 10 minutes in the cold water and beat into the maple mixture. Allow this to cool, then fold in the stiffly beaten whipped cream. Place on section of schaum torte which is allowed to remain in the torte pan and cover with section removed. Let stand 3 to 4 hours. When ready to serve, remove the side of the pan, and top the torte with whipped cream.

MURBERTEIG

Cake
- 1 cup butter
- ½ cup sugar
- 2 eggs
- 2 cups all purpose flour
- 1 teaspoon baking powder
- ⅛ teaspoon salt

Filling
- ½ cup chopped nutmeats
- 1 qt. sliced peaches (drained)
- 1 teaspoon cornstarch
- 1 cup peach juice
- 4 egg yolks (beaten)

Meringue
- 4 egg whites
- 8 tablespoons sugar
- Pinch of salt

Mix sugar, flour, baking powder and salt in an Aluminum Mixing Bowl. Work in butter. Add eggs. Spread in a VIKO Aluminum Spring-Apart Torte and Cake Pan with tubed inset, building up the side slightly. Mix cornstarch with peach juice and cook in VIKO Aluminum Sauce Pan until clear. Add part of the mixture to beaten egg yolks, return to sauce pan and cook below boiling point for three minutes.

Sprinkle chopped nuts over the dough; cover with sliced peaches. Pour custard over all and bake for 1 hour at 350° F. Remove from oven, cover with Meringue prepared by beating egg whites, salt and sugar until it forms peaks, and bake until a golden brown.

MACAROON TORTE (UNCOOKED)

- 1½ cups whipping cream
- ½ cup sugar
- 1 teaspoon almond extract
- ½ cup blanched chopped almonds
- 1 cup ground macaroons
- 8 lady fingers

Whip the cream until stiff, beat in sugar slowly, then add almonds and macaroon crumbs. Line VIKO Aluminum Spring-Apart Torte and Cake Pan with lady fingers, split in halves, placing them as the spokes of a wheel; over these pour the whipped cream mixture and over the top place split lady fingers. Place in refrigerator from 6 to 24 hours. Garnish with red cherries.

BANANA CREAM OR WASHINGTON PIE
(Quick Method)

2 egg yolks
1 egg white
½ cup sugar
1 cup cake flour
1 teaspoon baking powder
¼ teaspoon salt
¼ cup milk
4 tablespoons melted butter
½ teaspoon lemon extract

Beat eggs until light; add sugar gradually and continue beating. Add flour, sifted with salt and baking powder, alternately with the milk. Add melted butter and flavoring. Bake in one VIKO Aluminum Layer Cake Pan in hot oven (375° F.) for 20 minutes. When cool, cut layer in half (crosswise) and fill with cream filling for Washington Pie, or Banana Cream for Banana Cream Pie.

Banana Cream

2 bananas, mashed fine
1 cup sugar
1 egg white
½ teaspoon lemon juice

Beat all together with Aluminum Instant-Whip Beater until stiff enough to spread between layers and on top of cake.

CINNAMON TORTE

½ cup butter
½ cup sugar
4 egg yolks
1 cup sifted cake flour
1 teaspoon baking powder
5 tablespoons milk
½ teaspoon vanilla

Cream the butter, add the sugar gradually. Add the egg yolks. Sift flour and baking powder 3 times. Add alternately with milk to butter mixture. Add vanilla. Bake in oiled VIKO Aluminum Spring-Apart Torte and Cake Pan with flat inset at 325° F. Remove from pan, and when cool place on cooky sheet. Cover with the following filling:

FILLING

1 cup sugar
4 tablespoons flour
1 cup hot water
1 egg yolk
Rind and juice of 1 lemon

Mix the sugar and flour, and gradually add the hot water. Cook in VIKO Aluminum Sauce Pan until it reaches boiling point, then pour on slightly beaten egg yolk. Return to sauce pan, add lemon juice and rind and cook for [illegible] minutes. Be sure that this filling has been thoroughly cooled and is set before spreading it on the cake. On top of the filling put the meringue.

PINEAPPLE ICE BOX CAKE

4 egg yolks
4 egg whites
½ cup sugar
Juice of ½ lemon
2 tablespoons sifted cake flour
½ teaspoon salt
1½ cups pineapple juice
Pieces of Angel Food Cake

Beat egg yolks, add sugar and flour and beat again. Add lemon and pineapple juice and cook in VIKO Aluminum Double Boiler until thickened. Add salt to egg whites and beat until stiff. Cool "custard" mixture and fold in egg whites.

Line VIKO Aluminum Spring-Apart Torte and Cake Pan with pieces of Angel Food Cake. Pour custard into center. Leave in ice box 24 hours. Serve with whipped cream garnished with cherries or cubes of grape jelly.

PRUNE TORTE

Cake

1 cup butter
½ cup sugar
4 egg yolks (beaten)
2 cups all purpose flour
1 teaspoon baking powder
⅛ teaspoon salt
Juice of ½ lemon

Filling

1½ lbs. cooked prunes
¼ cup sugar

Meringue

4 egg whites
8 tablespoons sugar
½ teaspoon cinnamon

Mix dry ingredients in an Aluminum Mixing Bowl. Work in butter. Add egg yolks and lemon juice. Line VIKO Aluminum Torte and Cake Pan, using tubed inset. Cover with prunes which have been chopped fine and mixed with sugar. Bake 1 hour at 350° F.

Beat egg whites until stiff, but not dry. Gradually beat in sugar and cinnamon. Continue to beat until egg whites form peaks. When cake is done, cover with Meringue and place in slow oven to brown.

MERINGUE

5 egg whites
½ cup sugar
1 teaspoon cinnamon
½ cup chopped nuts (if desired)

Beat the egg whites until stiff, beat in the sugar and cinnamon. Spread on top the filling, and sprinkle with the chopped nuts. Return to hot oven (400° F.) for a few minutes to brown the meringue.

ICINGS and FILLINGS

BANANA CAKE FILLING (Uncooked)

1 large banana, crushed
1 cup sugar, powdered
White of one egg

Beat all together until stiff in an Aluminum Mixing Bowl. Keep cool while beating, and it is quickly done. This same amount of sugar and white of egg whipped together with fresh berries or strained canned fruit of any kind is delicious.

BROWN SUGAR FROSTING

⅓ cup butter
½ cup brown sugar
sifted powdered sugar
Cream or milk
1 teaspoon vanilla

Melt the butter and brown sugar in VIKO Aluminum Sauce Pan. Add powdered sugar, cream and vanilla. Mix to the desired consistency.

CARAMEL NUT FROSTING

¾ cup brown sugar
⅛ cup sifted flour
⅛ teaspoon salt
2 eggs
2 cups scalded milk
1 teaspoon vanilla

Mix the dry ingredients, add the beaten eggs, then pour on the scalded milk. Cook in VIKO Aluminum Double Boiler, stirring constantly until the mixture is thickened, then cook for ten minutes longer, stirring occasionally. Remove from fire, cool, and to one-half of the filling add ½ cup chopped pecan nut meats. Place the nut filling between the layers and the plain filling on top. Garnish or serve with whipped cream and cherries.

CARAMEL NUT FROSTING

3 cups brown sugar
1 cup milk
2 tablespoons butter
1 teaspoon vanilla
Pinch of salt

Put sugar, salt, milk and butter over heat in VIKO Aluminum Sauce Pan and stir until the sugar is dissolved and then cook, stirring occasionally, to 236° F., or until it will form a soft ball in cold water. Cool slightly and beat until creamy. Spread on cake and sprinkle with chopped nuts.

OPERA CARAMEL ICING

2 cups light brown sugar
1 cup evaporated milk, undiluted, or cream
1 tablespoon butter
1 teaspoon vanilla
Speck of salt

Put the sugar in the VIKO Aluminum Sauce Pan, add the milk or cream and mix well. Put on stove to cook slowly (rapid boiling curdles the mixture) and stir almost continually. Let cook until a little tested in cold water will form a soft ball, or it reaches 238° F. on the candy thermometer. Add the butter, remove from range, add favoring and allow to cool. Beat hard until it begins to grain, and is of the right consistency to spread. Pour over top and sides of cake, spreading back and forth until firm and set.

MAGIC CHOCOLATE FROSTING

2 squares unsweetened chocolate
1⅓ cup sweetened condensed milk

Melt chocolate in VIKO Aluminum Double Boiler. Add condensed milk and cook for 5 minutes—no longer—stirring occasionally.

CHOCOLATE FUDGE FROSTING

1 cup granulated sugar
1 cup light brown sugar
1 cup milk or water
2 squares baking chocolate or
4 tablespoons cocoa
1 tablespoon butter
1 teaspoon vanilla

Mix sugars, milk and chocolate in a VIKO Aluminum Sauce Pan and cook until mixture forms a soft ball when tried in cold water. Remove from heat, add butter and vanilla, leave until cold, then beat until creamy.

VELVET CHOCOLATE FROSTING

1 square (1 oz.) chocolate
3 tablespoons granulated sugar
1 tablespoon water
1 egg white
½ cup confectioners sugar

Mix grated chocolate, sugar, and water in a VIKO Aluminum Sauce Pan and heat until well blended. While cooling, beat white of egg until smooth and glossy so it can be taken on spoon. Add the confectioners sugar and stir until smooth and light. Add chocolate mixture and beat thoroughly.

CREAM FILLING FOR CREAM PUFFS

⅞ cup sugar
⅛ cup sifted flour
⅛ teaspoon salt
2 eggs or 4 yolks
2 cups scalded milk
1 teaspoon vanilla or ½ teaspoon lemon extract

Mix dry ingredients, add eggs slightly beaten; add scalded milk. Cook 15 minutes in VIKO Aluminum Double Boiler, stirring constantly until thickened, afterwards occasionally; cool and flavor.

CREAM FILLING FOR CAKES

1 cup milk
7/8 cup sugar
1/3 cup flour
3 egg yolks
1/4 teaspoon extract desired

Heat the milk over boiling water in the inset of the double boiler. Blend the sugar and flour together, then beat the egg yolks into the mixture. Pour the hot milk over the egg mixture and beat until well mixed. Return this to the inset of the VIKO Aluminum Double Boiler, and cook until thickened. Stir frequently. Cook an additional 10 minutes to cook starch. Cool, add flavoring desired. Chill, then spread between layers of cake. Variations of this filling—add chopped almonds, raisins, cocoanut, bananas, etc.

CHOCOLATE CREAM FILLING

To the above recipe for Cream Filling add 1½ squares (1-1½ ounces) of melted chocolate to the milk when it is put on to scald in VIKO Aluminum Double Boiler; proceed as directed above, increasing the sugar to 1 cup. Spread between layers of sponge cake.

CREOLE FROSTING

Stir together in an Aluminum Mixing Bowl 2 tablespoons strong black coffee (boiled), 2 tablespoons cocoa (dry), ½ teaspoon vanilla, and 1 cup confectioner's sugar.

EMERGENCY ICING

1 cup sugar
1 egg white
12 marshmallows, quartered
4 tablespoons hot water
½ teaspoon vanilla extract

Place the sugar, egg and water in the upper section of VIKO Aluminum Double Boiler. Place over rapidly boiling water in the lower section and beat rapidly, with Aluminum Instant-Whip Beater until icing will hold up in peaks (about 7 minutes). Beat in marshmallows and vanilla until smooth.

Spread immediately on cake.

HALF COOKED ICING

2 egg yolks
1 cup powdered sugar
¼ cup butter
½ cup milk or cream
2 ounces melted baking chocolate
⅛ teaspoon salt

Mix well and heat to boiling point in a VIKO Aluminum Sauce Pan. Remove from heat and add enough additional powdered sugar to make of spreading consistency. Flavor and spread on cake.

CONFECTIONERS ICING (Uncooked Icing)

2¾ cups powdered sugar
1 teaspoon lemon juice
2 egg whites

Mix all together thoroughly in an Aluminum Mixing Bowl. Spread on cool cake. Use an Aluminum Cake Decorator and decorate with following icing:

⅝ cup powdered sugar
1 egg yolk
1 tablespoon butter
1 teaspoon cream
⅛ teaspoon vanilla

Mix thoroughly. More cream may be added if too thick.

INCH HIGH ICING

1 teaspoon granulated gelatin
2 egg whites
¼ cup hot water
3 tablespoons cold water
1 cup sugar
½ teaspoon vanilla

Soak gelatin in cold water. Dissolve over steam. Cook hot water and sugar to thread stage in a VIKO Aluminum Sauce Pan. Strain gelatin into syrup. Add syrup to stiffly beaten egg whites. Beat until thick enough to hold shape. Spread as high as desired.

LADY BALTIMORE FILLING

1½ cups granulated sugar
¾ cup boiling water

Cook in a VIKO Aluminum Sauce Pan until it spins a thread. Pour the syrup on the stiffly beaten whites of two eggs and beat until light and fluffy. Divide the mixture in two parts and flavor one part with vanilla, and to the other part add ½ cup chopped raisins, ¼ cup chopped dates, ¼ cup chopped nuts, ¼ cup chopped cherries. Spread this mixture between the layers and cover the top with the remaining part of the white icing.

LAZY DAISY FROSTING

5 tablespoons brown sugar
3 tablespoons melted butter
2 tablespoons cream
½ cup cocoanut

Mix in an Aluminum Mixing Bowl and spread on cake. Place in broiler until it bubbles and is slightly brown.

LEMON ICING

2 cups confectioners sugar
4 tablespoons lemon juice
Grated rind of 1 lemon
4 tablespoons butter

Cream butter in an Aluminum Mixing Bowl, add sugar gradually, add lemon juice and rind and mix well. Spread on warm cake.

LEMON FILLING

1 cupful sugar
4 tablespoons flour
2 teaspoons lemon extract
½ cupful boiling water
1 egg
1 teaspoonful butter

Mix the flour and sugar thoroughly in top of VIKO Aluminum Double Boiler. Add the beaten egg and the boiling water; set the mixture over hot water and cook until thickened, stirring constantly. Then cook for ten minutes, stirring occasionally. Add flavoring. Add the butter and cool thoroughly before putting on the cake.

MAPLE ICING

½ teaspoon butter
2 tablespoons milk
1½ cups powdered sugar
½ teaspoon maple flavoring

Add the butter to the hot milk. Add the sugar to make a smooth paste and then the flavoring. Cover top and sides of cake. Sprinkle with nuts while icing is still soft.

MAPLE ICING

Same as Boiled Icing, except use 1 cup maple sugar and 1 tablespoon white corn syrup in place of the granulated sugar.

MARBLE CAKE ICING

Place 15 marshmallows on cake before baking. Sprinkle with 3 tablespoons sugar, ½ teaspoon cinnamon. Bake about 35 minutes.

NUT FROSTING FOR HEAVENLY SPICE CAKE

1 cup chopped nuts
1 cup sugar
½ cup coffee cream
1 egg, well beaten
1 teaspoon vanilla

Stir all together and boil slowly in VIKO Aluminum Sauce Pan about 1 hour, or until it thickens, add vanilla, beat well. Allow to cool before spreading.

PEANUT BUTTER ICING

1½ cups sugar
¼ cup peanut butter
⅔ cup milk
1 teaspoon vanilla

Boil sugar and milk in VIKO Aluminum Sauce Pan until a soft ball is formed in cold water. Remove from fire and add peanut butter. Cool, and beat until creamy. Add vanilla. Spread between layers and on top of cake. Sprinkle chopped peanuts over cake before frosting hardens.

PINEAPPLE DAINTY FILLING

1 cup granulated sugar
2 egg whites
½ cup crushed and drained pineapple

Put the egg whites in a bowl and with the Aluminum Instant-Whip Beater gradually beat in one-half of the sugar, then add the pineapple and continue the beating, adding the remainder of the sugar. Beat filling until it is stiff enough to hold its shape and then spread between the layers on top of the cake.

SEA FOAM ICING

1 cup brown sugar
1 egg white
6 tablespoons cold water
½ teaspoon cinnamon

Cook sugar and water in a VIKO Aluminum Sauce Pan until it spins a thread. Pour hot syrup on stiffly beaten egg white. Add cinnamon. Beat until cool and creamy.

SEVEN MINUTE ICING

1 egg white, unbeaten
⅞ cup granulated sugar
3 tablespoons cold water

Place all ingredients in top of VIKO Aluminum Double Boiler. Place over boiling water and beat with an Aluminum Instant-Whip Beater for seven minutes. Add flavoring desired. Spread on cake.

SOUR CREAM FROSTING

1 cup sour cream
1 cup sugar
1 teaspoon vanilla
½ cup chopped walnuts

Boil in VIKO Aluminum Sauce Pan until it forms a soft ball when tried in cold water. Set in pan of cold water until cool. Beat until creamy. Add vanilla and walnuts.

TUTTI-FRUTTI FILLING

2 tablespoons granulated gelatin
½ cup cold water
2 cups sugar
½ cup hot water
½ teaspoon vanilla
½ teaspoon orange extract
3 tablespoons mixed candied fruits
3 tablespoons chopped nuts

Boil the sugar and hot water in a VIKO Aluminum Sauce Pan until it threads. Soak gelatin in the cold water, then dissolve over steam and pour the syrup slowly into it; add the flavoring. When cool beat until thick, and then stir in the candied fruits and nuts, chopped fine. Spread thickly between two layers of cake.

SOUR CREAM FROSTING—BROWN SUGAR

2 cups light brown sugar
½ cup sour cream
1 tablespoon butter
1 teaspoon vanilla

Cook sugar and cream, in a VIKO Aluminum Sauce Pan, until it can be gathered together (not even a soft ball) in water. Remove from fire. Add butter and vanilla. Let this stand until it is cold, then beat until it turns light and spread on cake. This is especially good on a spice cake.

ADDITIONAL RECIPES

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COOKIES AND SMALL CAKES

Everybody likes a full cooky jar. Let the entire family enjoy delicious and wholesome, home-made cookies.

You can easily keep the appetites satisfied with a variety of cookies. You may choose, rolled, drop, frozen or fancy cookies. With modern methods and gadgets, one need no longer envy the professional baker, for you, too, may make fancy shaped cookies quickly and easily, by using the new cooky presses.

Follow your recipe, and use accurate measurements for success.

ALMOND SLICES

- 3 eggs
- 1 cup brown sugar
- 1 cup white sugar
- 1½ cups hot butter or substitute, part butter desirable
- 2 teaspoons cinnamon
- 2 teaspoons soda
- ¼ cup blanched almonds
- 5½ cups sifted flour
- ½ teaspoon salt

Mix in order given. Form loaf and chill thoroughly (over night if possible). Slice in thin slices. Bake in hot oven (425°-450° F.) on VIKO Aluminum Cooky Sheets.

APRICOT PEANUT COOKIES

- 1⅓ cups sweetened condensed milk
- 3 cups shelled peanuts
- 2 tablespoons lemon juice
- 1 cup dried apricots

Wash the dried apricots carefully and put through food chopper. Blend thoroughly with the sweetened condensed milk. Fold in the chopped peanuts and add lemon juice. Drop by spoonfuls onto a VIKO Aluminum Cooky Sheet. Bake in a moderate oven (325° F.) for 20 minutes. Remove from pan immediately.

BUTTERSCOTCH COOKIES

- ¾ cup butter
- ¾ cup sugar
- 2 eggs
- ½ tablespoon vanilla
- ¼ teaspoon soda
- 1 teaspoon baking powder
- 3 cups sifted flour

Cream butter well, add brown sugar slowly; add vanilla, then beaten eggs. Mix thoroughly. Add sifted dry ingredients gradually, mixing well. Put into VIKO Automatic Cooky Former and force cookies onto VIKO Aluminum Cooky Sheets. Bake at 350° F. for 8 to 12 minutes.

CALLA LILIES

- 3 eggs
- ¾ cup sugar
- 1 cup sifted flour
- 1 teaspoon vanilla
- 1 teaspoon baking powder

Beat eggs to a stiff froth. Add sifted sugar, baking powder and flour. Beat 2 minutes. Add vanilla and mix well. Drop by spoonfuls on an oiled VIKO Aluminum Cooky Sheet, about 3 inches apart. Bake at 400° F. about 5 minutes. Remove at once, roll like a flower. Place folded side down to cool. Serve as a dessert with candied fruit and whipped cream. Makes 24.

ASSORTED COOKIES

1 cup butter or substitute
2 cups sugar
4 egg yolks
¼ cup milk
3½ cups sifted flour
2 teaspoons baking powder
½ teaspoon salt
1 teaspoon extract or mace

Cream butter or substitute; add sugar gradually and cream again. Add unbeaten egg yolks and beat all thoroughly. Add milk and fold in sifted dry ingredients. Add flavoring. Set in ice box to chill over night. In morning roll to ⅛ inch thickness, cut with small cutter and bake in a hot oven (400° F.) 15 minutes on VIKO Aluminum Cooky Sheets.

Variations

1. Roll dough ⅛ inch thick; cut with doughnut cutter, brush with egg white, and sprinkle with finely chopped pistachio nuts.
2. Cut dough with star cutter; brush with egg white and sprinkle with green or red colored sugar.
3. Cut dough with crescent cutter; brush with egg white and sprinkle with colored decorette candies.
4. Cut cookies round; place holly decoration of cut citron and candied cherries in center.
5. Roll teaspoonfuls of dough in palm of hand and dip in chopped nuts.
6. Drop cooky dough from tip of teaspoon on cooky sheet and press a blanched almond into center of each.
7. Mix 1 square (1 oz.) melted chocolate with ⅓ of cooky dough; drop from spoon on cooky sheet and press a half of walnut in center.
8. Roll a teaspoonful of chocolate dough in palm of hand and roll in chopped cocoanut.
9. Cut dough with Christmas tree cutter; brush with egg white and sprinkle with green colored sugar.

CARROT COOKIES

1 cup grated raw carrots
¼ teaspoon soda mixed in
1 cup honey
½ cup butter (slightly melted)
2 eggs
1 cup raisins
1 cup nut meats
2 cups quick cooking oatmeal
2 cups sifted flour
2 teaspoons baking powder
¼ teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg

Grate carrots, add honey and soda, mix well, add slightly melted butter, eggs, chopped raisins and nuts, beat in the oatmeal, add remaining dry ingredients sifted together with flour; mix thoroughly. Drop with teaspoon on VIKO Aluminum Cooky Sheets — flatten with a fork or spoon. Bake 20 to 25 minutes in moderate oven (350° F.) until golden brown. Makes 7 dozen cookies.

FRIED CHEESE STRAWS

1 cup flour
2 tablespoons lard
¼ teaspoon salt
4 tablespoons grated American cheese

Cut the shortening into the flour and salt, and add the grated cheese and enough ice water to hold the paste together. Roll very thin, cut in strips three inches long and one-half inch wide. Fry in deep fat in VIKO Aluminum French Fryer at a temperature of 370° F.

CHOCOLATE BUDS

⅛ cup shortening
1 cup brown sugar
1 egg
3 squares (3 oz.) bitter chocolate, melted
¾ cup evaporated milk
2 cups sifted flour
½ teaspoon soda
½ teaspoon salt
1 teaspoon vanilla

Cream shortening; add sugar. Add beaten egg, then chocolate (slightly cooled), then sifted dry ingredients and milk alternately. Add vanilla. Force through Aluminum Cooky Press, using desired discs, onto VIKO Aluminum Cooky Sheet. Bake in a moderate oven (375° F.) 10 to 12 minutes.

CHOCOLATE COOKIES

½ cup butter or substitute
½ cup sugar
1 egg yolk
2 teaspoons vanilla
1¾ cups sifted flour
½ teaspoon baking powder
⅛ teaspoon salt
3 tablespoons milk
2 squares unsweetened chocolate (2 ounces)

Cream shortening and add sugar gradually. Beat in egg yolk. Melt chocolate over hot water in VIKO Aluminum Double Boiler and add to the mixture. Sift flour once before measuring. Sift flour, baking powder and salt together. Add the flour mixture alternately with milk and vanilla. Form into rolls 3 inches in diameter and chill for several hours. When roll is stiff, cut into ⅛ inch slices and bake 12 to 15 minutes at 350° F. on VIKO Aluminum Cooky Sheet.

CHOCOLATE KISSES

2 squares (2 oz.) bitter chocolate, melted
1⅓ cups sweetened condensed milk
¾ lb. dry cocoanut

Mix melted chocolate and milk, then add cocoanut and drop by spoonfuls on oiled VIKO Aluminum Cooky Sheet. Bake in a moderate oven (325° F.) for 15 minutes.

CHOCOLATE CREAM BARS

1 cup chocolate cream candies
Maple or vanilla flavor
½ cup of butter
1 unbeaten egg
¼ cup of hot water
2 tablespoons of sweet milk
1½ cups sifted flour
1½ teaspoons baking powder
½ teaspoon lemon extract
½ cup nut meats

Pour hot water over candies. When dissolved, let get slightly cool. Mix with butter. Beat until light. Stir in egg and milk. Sift flour and baking powder, put with other mixture, add flavoring, and nut meats. Bake in VIKO Aluminum Jelly Roll Pan from twenty to thirty minutes. When done, cut in 2 inch bars while warm; when cool enough frost with one cup of powdered sugar, 1 teaspoon of cornstarch, 1 teaspoon butter, enough milk to make it soft enough to spread. Use any flavoring desired.

CHOCOLATE FUDGE DREAMS

½ cup butter
1 cup sugar
2 tablespoons milk
1 egg
2 squares (2 oz.) melted chocolate
2 cups sifted flour
1 teaspoon vanilla
½ teaspoon almond extract

Beat butter, cream in sugar, add egg and beat. Add milk and flavoring. Mix well. Add flour gradually, beating after each addition. Put through Automatic Cooky Former onto a VIKO Aluminum Cooky Sheet. Bake at 375° F. for 15 minutes.

CINNAMON STARS

3 egg whites, beaten stiff
1 cup sugar
Grated rind of ½ lemon
1 teaspoon cinnamon
2¼ cups ground almonds

Beat sugar and lemon rind into egg whites, and continue to beat for 15 minutes. Then stir in the cinnamon. Set aside about ¾ cup of this mixture. To the remaining quantity add the almonds. Roll out quite thin on a well floured board; cut into stars or any desired shape; brush with mixture set aside and bake at 375° F. on VIKO Aluminum Cooky Sheet. This recipe makes 24 to 30 cookies.

CZECHO SLOVAKIA COOKIES

1 cup sifted flour
¾ cup butter
¼ cup sugar
½ teaspoon cloves
½ cup grated almonds (not blanched)
½ teaspoon cinnamon
1 teaspoon cocoa
¼ teaspoon baking powder
¼ teaspoon salt
¼ teaspoon grated lemon rind

Cream butter; add sugar gradually. Sift dry ingredients, add grated almonds, mix into creamed butter and sugar. If you wish to use the Aluminum Automatic Cooky Former, put the dough through as soon as it is mixed. Plates 13 and 17 are most satisfactory with the grated almonds. If making fans or plain sliced cookies work dough into a roll and let stand in the refrigerator several hours.

FILLED DUTCH COOKIES

½ cup butter or substitute
1 cup brown sugar
1 egg
2 tablespoons milk
1 teaspoon vanilla
2 cups sifted flour
1 teaspoon baking powder
⅛ teaspoon salt

Cream the shortening, add the sugar and cream well. Add egg, milk, vanilla and the rest of the ingredients mixed and sifted. Roll out very thin. Cut out circles. On half of the circles place the Dutch Filling and cover with another circle. Press the two cookies well together at edges, place on VIKO Aluminum Cooky Sheet and bake in a moderate oven (350° F.) for 15 minutes.

DUTCH FILLING

3 level tablespoons butter
1 tablespoon hot milk
1 teaspoon vanilla
3 tablespoons cocoa
⅛ teaspoon salt
1¼ cups sifted powdered sugar
¼ cup chopped nut meats

Mix the butter, hot milk and vanilla. Add the rest of the ingredients and beat until stiff enough to spread.

FRUIT DROPS

½ cup butter
1 cup brown sugar
2 egg yolks
2 cups sifted flour
1 teaspoon vanilla
1 cup chopped nuts
½ cup chopped raisins
½ cup chopped dates
Crushed pineapple
Cherries

Cream butter; beat in brown sugar. Stir in egg yolks, vanilla, chopped nuts, raisins, dates and pineapple. Add the flour slowly. Drop ½ teaspoon at a time in greased VIKO Aluminum Jelly Roll Pans. Place a cherry in each cake. Bake in moderate oven (350°F.) 15 minutes until delicately browned.

BLACK WALNUT CHOCOLATE BARS

2 eggs
1 cup granulated sugar
½ cup butter
2 squares (2 oz.) bitter chocolate, melted
½ teaspoon salt
1 cup sifted flour
¾ teaspoon baking powder
1 teaspoon black walnut extract
1 teaspoon vanilla
1 cup black walnut meats or pecan meats

Beat eggs in a large bowl using an Aluminum Instant-Whip Beater. Add sugar and beat 2 minutes. Add melted chocolate and butter. Mix well. Sift flour, baking powder and salt twice. Mix well, then add nut meats and extracts. Mix again. Pour into a greased VIKO Aluminum Jelly Roll Pan and bake in moderate oven, 350° F., 15 minutes. Spread while hot with the following:

CHOCOLATE FROSTING

1 egg white, unbeaten
2 squares (2 oz.) unsweetened chocolate
1 cup powdered sugar
½ teaspoon black walnut extract

Mix egg white, chocolate, sugar and black walnut extract. Stir together well and spread on walnut bars as soon as they are taken from oven. Cut into 3x1 inch bars and remove from pan while still warm. Makes about 5 dozen bars.

UNBAKED BROWNIES

2 squares (2 oz.) unsweetened chocolate
1⅓ cups (1 can) sweetened condensed milk
2 cups (⅓ pound) vanilla wafer crumbs
1 cup finely chopped walnut meats

Melt chocolate in VIKO Aluminum Double Boiler. Add condensed milk, stirring over water five minutes until mixture thickens. Add vanilla wafer crumbs and ½ cup finely chopped nut meats. Place chocolate mixture in buttered VIKO Aluminum Biscuit Pan and spread evenly, using a knife dipped in hot water. Sprinkle top with remaining chopped nuts. Place in refrigerator several hours, or overnight. To serve, cut in squares. Makes 18.
NOTE: Graham crackers may be used in place of vanilla wafers.

HOLLAND LACE COOKIES
"Klepps Koppe" (meaning gossip)

2 cups brown sugar
½ cup butter
½ cup water
¾ cup or more of sifted flour
½ cup chopped almonds
1 teaspoon each, cinnamon and nutmeg

Put butter and water into a bowl. Add sugar, cinnamon and nutmeg. Mix until creamy. Add flour and then nuts. Drop on VIKO Aluminum Cooky Sheet, not too close together, and bake in a moderate oven.

KIDDIES KOOKIES

¼ cup butter
¼ cup molasses
1 egg
1 cup whole wheat flour
⅛ teaspoon salt
½ cup raisins

Cream the butter, beat in the molasses and egg. When this is smooth add the flour, salt, and raisins. Bake at 400° F. on a VIKO Aluminum Cooky Sheet.

GINGER COOKIES

1 cup melted shortening
1 cup brown sugar
2 eggs
2 cups molasses
2 tablespoons soda
1 cup sour milk
6 cups sifted flour (about)
1 teaspoon ginger
½ teaspoon salt

Melt shortening before measuring, add sifted sugar gradually, add the beaten eggs, then molasses; dissolve soda in sour milk, sift the flour, ginger, and salt. Add flour mixture and sour milk alternately.

Place in refrigerator and chill overnight. Roll a small part of the dough at a time. Cut with Aluminum Cooky Cutters and bake on VIKO Aluminum Cooky Sheets at 375° F.

OLD FASHIONED GINGER SNAPS

1 cup molasses
1 cup sugar
¾ cup butter
2 eggs
4 teaspoons baking powder
4 teaspoons ginger
2 teaspoons cinnamon
2 teaspoons cloves
3 cups sifted flour

Cream shortening, add sugar gradually. Add beaten eggs. Mix thoroughly. Add molasses and beat well. Sift all dry ingredients together. Add gradually and beat after each addition. Drop on VIKO Aluminum Cooky Sheet using a small teaspoon for each cooky. Bake in a moderate oven, 300° F., for 15 minutes.

HERMITS

1 cup butter or substitute
3 cups brown sugar
4 tablespoons sour milk
4 eggs
2 teaspoons soda
6 cups sifted flour
2 cups raisins
2 cups currants
1 cup nuts
1 teaspoon nutmeg
1 teaspoon cinnamon
A little grated orange peel

Cream the shortening and add sugar gradually. Add the milk and eggs, well beaten. Sift the soda with half of the flour, and add to the mixture, then the fruit and nuts, which have been chopped and floured. Mix well. Sift the spices with the balance of the flour, and add to mixture. Drop by teaspoonfuls on greased VIKO Aluminum Cooky Sheets, some distance apart, and bake at 375° F. for 15-25 minutes. These are delicious and will keep a long time.

CHINESE COOKIES

¾ cup butter
1 cup sugar
3½ cups sifted flour
3 teaspoons baking powder
3 egg whites
2 tablespoons milk
1 teaspoon almond extract
Almond meats
Granulated sugar

Sift the flour and baking powder three times. Cream the butter, beat in the sugar gradually, alternately add the flour mixture and milk and then fold in the beaten whites of egg. Pour out about ¼ of the batter on a well floured board. Knead in just enough flour so the batter can be rolled into small balls. Place the balls on a VIKO Aluminum Cooky Sheet, press an almond down in the center of each; sprinkle with granulated sugar and bake about 10 to 15 minutes at 400° F. Continue in the same manner with the remaining batter. This recipe will make about 90 cookies.

GERMAN CRISPS

1 cup butter
2 eggs
¼ teaspoon salt
2 cups brown sugar
3½ cups sifted flour
1 teaspoon soda
1 cup chopped walnuts

Cream butter and sugar, add egg and beat thoroughly. Add vanilla and nuts. Sift flour, salt and soda, and add gradually to first mixture. Roll and let stand overnight in refrigerator. Slice thin and bake on VIKO Aluminum Cooky Sheets 10 minutes in a moderate oven (375° F.).

GERMAN LACE COOKIES

½ cup sugar
1 egg
1 teaspoon melted shortening
¼ teaspoon salt
½ cup oatmeal
½ cup cocoanut
½ cup nutmeats
1 teaspoon vanilla

Beat egg without separating; add sugar and mix thoroughly. Add other ingredients in order named. Drop onto a VIKO Aluminum Cooky Sheet, leaving plenty of space between each. Bake in a moderate oven. (375° F.)

NORWEGIAN CROWNS

½ cup butter
¼ cup sugar
¼ teaspoon almond extract
1 cup sifted flour
2 hard cooked egg yolks

Put egg yolks through an Alumilite Strainer into creamed butter; mix thoroughly gradually add the sugar and continue creaming until well blended. Add the flour. Force dough through VIKO Alumilite Cooky Former using Norwegian Crown disc on to VIKO Aluminum Cooky Sheet. Bake 10 minutes at 400° F.

FIG COOKIES

½ cup butter or butter substitute
1 cup brown sugar
2 eggs, beaten
½ teaspoon cinnamon
2 tablespoons sour cream
1 teaspoon soda
1 cup chopped figs
1 cup sifted flour (add more if necessary, to make the right consistency)

Cream the butter, beat in slowly the sugar, then the eggs, sour cream with soda dissolved in it, cinnamon, and chopped figs rolled in the flour. Drop onto VIKO Aluminum Cooky Sheet about 2 inches apart. Bake at 350° F. This makes about 40 cookies.

FIG ICE BOX COOKIES

¾ cup shortening (half butter, half lard)
1½ cups brown sugar
1 egg
¼ cup milk
2½ cups sifted flour
1 tablespoon baking powder
1 teaspoon salt
1 teaspoon cinnamon
1 cup chopped nut meats
½ cup chopped figs

Blend together the shortening, sugar, and egg, and add the milk. Sift the flour, baking powder, salt and cinnamon. Add to the first mixture. Add nuts and figs last. Shape into rolls and place in refrigerator over night. Slice thin, place on VIKO Aluminum Cooky Sheets, and bake for 10 minutes at 375° F.

BEAR PAWS

4 eggs
1 cup sugar
2 cups dry bread crumbs
1 cup sifted flour
½ cup cocoa
1 teaspoon cinnamon
½ teaspoon cloves
1 teaspoon baking powder
3 tablespoons melted butter

Beat the eggs until light, add sugar, beat. Fold in bread crumbs. Sift together flour, cocoa, cinnamon, cloves and baking powder. Add to egg mixture. Add melted butter. Drop by teaspoons on greased VIKO Aluminum Cooky Sheet, shape into ovals, press one end with a fork (if it sticks rub fork in a little flour or powdered sugar first) to form the toes. Bake 15 minutes in moderate oven, 350° F. Frost with icing made by beating 1 egg white stiff, add ½ cup powdered sugar slowly while beating; add a few drops flavoring. Makes 3½ dozen.

LEBKUCHEN

8 cups sifted flour
½ teaspoon soda
1½ teaspoons cinnamon
¼ teaspoon cloves
¼ teaspoon nutmeg
1⅓ cups strained honey (1 lb.)
2 cups almonds, blanched and shredded (¾ lb.)
2 cups sifted brown sugar
¼ cup water
2 eggs, slightly beaten
1½ cups candied orange peel, shredded (6 oz.)
1½ cups candied citron, shredded (6 oz.)

Sift flour, soda and spices together three times. Boil honey, sugar, and water 5 minutes. Cool. Add flour mixture, eggs, fruits, and nuts. Work into loaf and place in refrigerator. Let ripen 2 or 3 days. Roll on slightly floured board to ¼ inch thickness. Cut in strips, 1x3 inches. Bake on greased VIKO Aluminum Cooky Sheet in moderate oven (350° F.) 15 minutes. When cool cover with Transparent Glaze or icing. Lebkuchen should ripen in cake box at least one day before they are served. Makes 10 dozen lebkuchen. To soften, put cloth wrung out of warm water in top of container holding cookies. Leave for 24 hours.

SPRINGERLE

2 eggs
1 cup sugar, sifted
Grated rind of 1 lemon
½ teaspoon baking powder
⅛ teaspoon salt
1 to 2 teaspoons anise seed
2 cups sifted flour (about)

Beat eggs, add sugar, and beat mixture for one-half hour; add lemon rind and the flour sifted with the baking powder and salt, then add anise seed. Beat mixture another one-quarter hour. Roll out on floured board, to ¼ inch thickness, press the wooden springerle board down very hard on dough, cut out the little squares and let stand ten hours on floured VIKO Aluminum Cooky Sheets. Bake in moderate oven (325° F.) ten to twenty minutes.

SPRITZ

1 cup butter
¾ cup sugar
1 egg or 3 egg yolks
2½ cups sifted flour
½ teaspoon baking powder
1 teaspoon almond extract
⅛ teaspoon salt

Cream butter, adding sugar gradually. Add egg unbeaten, then add sifted dry ingredients and extract. Force through a VIKO Aluminum Cooky Press on a VIKO Aluminum Cooky Sheet. Bake in a hot oven (400° F.) 10 to 12 minutes.

ROCKS

- 1½ cups brown sugar
- 1 cup butter or substitute
- 3 eggs, well beaten
- 3 cups sifted flour
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 2 cups raisins
- 1 cup crushed English Walnuts
- 1 teaspoon soda, dissolved in 1 tablespoon boiling water

Roll the sugar until all lumps are removed. Sift the flour, cinnamon, and salt, and dust some of this over the raisins and nuts. Cream the butter, and beat the sugar in slowly. Add the eggs. Beat in the flour mixture, nuts, and raisins, and lastly the dissolved soda. Drop onto VIKO Aluminum Cooky Sheet, leaving space between each. Bake at 400° F. until done when touched. This recipe makes 92 cookies.

SANDIES

- ¾ cup shortening
- 6 tablespoons confectioners sugar
- 2 tablespoons water
- ½ teaspoon lemon extract
- 2 teaspoons vanilla extract
- 2 cups sifted flour

Cream shortening and beat in the sugar slowly. Add flavoring and water. Beat thoroughly. Add sifted flour gradually until all is well mixed. Put through Aluminum Automatic Cooky Former onto VIKO Aluminum Cooky Sheet and bake 10 minutes at 400° F. Makes 40 cookies.

SCANDINAVIAN NUT COOKIES

- 1 cup butter
- 1 cup granulated sugar
- 1 cup brown sugar
- 3 eggs, well beaten
- 1 cup nuts
- 1 teaspoon vanilla
- 4 cups sifted flour
- 2 teaspoons baking powder
- ¼ teaspoon salt

Cream butter thoroughly in an Aluminum Mixing Bowl. Beat the sugar in gradually. Add the well beaten eggs, then the nuts and vanilla. Sift the flour, baking powder, and salt three times. Add gradually to the mixture. Roll into loaf in the evening and set in a cool place. In the morning cut into thin slices, place on VIKO Aluminum Cooky Sheets and bake at 375° F. Makes 60 cookies.

SCOTTISH FANCIES

- 1 egg
- ½ cup sugar
- ⅔ tablespoon melted butter
- 1 cup rolled oats
- ⅛ teaspoon salt
- ¼ teaspoon vanilla

Beat egg until light, add sugar gradually, and then stir in remaining ingredients. Drop mixture by teaspoonfuls on a VIKO Aluminum Cooky Sheet one and one-half inches apart. Spread into circular shape with a fork, which has been dipped in cold water. Bake in a moderate oven (325° F.) until delicately browned. To give variety use two-thirds cup rolled oats and fill cup with shredded cocoanut.

SCOTCH SHORTBREAD

- 1 cup butter
- 1 cup confectioners sugar
- 2 cups sifted flour
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- Candied caraway seeds

Wash butter, add gradually ½ cup sugar. Sift flour, baking powder and salt twice; add slowly to first mixture. Roll to ¼ inch thickness and shape with round cutters. Put on VIKO Aluminum Cooky Sheets, pinch up edges of shortbread and decorate with candied caraway seed. Bake in a 340° F. oven for about 20 minutes, or until a delicate brown.

MOLASSES COOKIES

1 cup sweetened condensed milk
½ cup molasses
½ cup seeded raisins
½ cup walnuts
23 graham crackers
¼ teaspoon ginger
½ teaspoon allspice
½ teaspoon cinnamon
½ teaspoon salt

Combine condensed milk and molasses. Add graham cracker crumbs, chopped raisins and walnuts, spices and salt. Mix thoroughly. Drop by spoonfuls onto a VIKO Aluminum Cooky Sheet. Bake in a moderate oven (350° F.) 15 minutes. Makes 3 dozen cookies.

SOFT MOLASSES COOKIES

¾ cup butter or substitute
1 cup sugar
2 eggs
1 cup molasses
2 teaspoons soda
½ cup sour cream
5 cups sifted flour (about)
1 teaspoon ginger
1 teaspoon cinnamon
½ teaspoon salt

Cream the shortening, add the sugar gradually. Add the beaten eggs; dissolve soda in the molasses and add to the mixture. Sift the flour, spices, and salt. Add flour mixture and sour cream alternately. Place in refrigerator and chill over night. Roll a small part of the dough at a time. Cut with Aluminum Cooky Cutters, and bake on VIKO Aluminum Cooky Sheets at 375° F. The cookies will remain soft if kept in a covered receptacle.

OATMEAL COOKIES

¾ cup butter
1 cup sugar
2 eggs, beaten
¾ cup sour milk
1 teaspoon soda
2 cups sifted flour
¼ teaspoon salt
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon allspice
½ teaspoon cloves
½ cup raisins
½ cup chopped nuts
2 cups oatmeal

Cream the butter, add the sugar, then the beaten eggs, and beat until smooth. Dissolve the soda in the sour milk and add alternately with the sifted dry ingredients, raisins and nuts. Then stir in the oatmeal. Drop by spoonfuls onto VIKO Aluminum Cooky Sheets, and bake at 375° F. for 12 to 15 minutes.

SWEET POTATO BALLS

4 sweet potatoes
1 tablespoon butter
2 tablespoons granulated sugar
1 drop black walnut flavor
2 cups corn flakes (cocoanut may be used instead)
Marshmallows

Boil potatoes—mash—(if canned ones are used heat a little). Add butter and sugar, beat until thoroughly mixed and smooth.
Cut marshmallows in half—cover with sweet potato mixture, about 1 tablespoon to each ball, roll in crushed corn flakes or cocoanut—put in VIKO Aluminum Jelly Roll Pan and brown for about 10 minutes at 350° F.

SOUR CREAM COOKIES

1 cup sugar
1 teaspoon salt
1 teaspoon nutmeg
½ cup thick, sour cream
4 cups sifted flour
½ teaspoon soda
1 cup butter (or lard)
1 egg

Cream shortening; gradually add sugar. Add beaten eggs, mix well, add sour cream, and beat. Sift dry ingredients, add to mixture and mix thoroughly. Put through Aluminum Automatic Cooky Former. Bake 15 minutes at 400° F. on VIKO Aluminum Cooky Sheets.

SYRUP COOKIES

½ cup melted lard
½ cup melted butter
1 cup brown sugar
1 cup white syrup
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon allspice
1 teaspoon ginger
5 cups sifted flour
2 teaspoons soda dissolved in 6 tablespoons hot water

Combine the melted shortening, sugar and syrup. Sift the salt and spices with the flour, and add alternately with the soda and water. Chill in refrigerator for 2 hours. Roll very thin, cut in favorite shapes with Aluminum Cooky Cutters and bake on VIKO Aluminum Cooky Sheet.

THREE PART COOKIES

1	2	3
4 cups sifted flour	2 eggs	4 tablespoons sweet milk
1 cup shortening	1 cup sugar	1 teaspoon vanilla
½ teaspoon salt		1 teaspoon soda
		(Nutmeg—if desired)

1 Cut the shortening into the flour as for pie crust and add ½ teaspoon salt.

2 Beat the eggs, add sugar and beat.

3 Combine ingredients in 3rd column.

Add egg and sugar mixture to No. 1. Then add No. 3 to No. 1. It will not be necessary to add more flour for rolling. Cookies may be rolled, cut and baked on VIKO Aluminum Cooky Sheets in an oven at 375° F. for 10 minutes, or form into small balls and roll in tiny candies. This recipe makes excellent filled or plain cookies. Makes 53 large cookies.

VANILLA SUGAR COOKIES

½ cup shortening
1 cup granulated sugar
2 eggs, beaten light
1 tablespoon cream
2½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon nutmeg
½ teaspoon vanilla extract

Cream shortening and add sugar gradually, beating until creamy. Add the beaten eggs, cream and vanilla and beat well. Add the sifted dry ingredients and mix thoroughly. Put through Aluminum Automatic Cooky Former onto VIKO Aluminum Cooky Sheets. Bake in a hot oven, 400° F., for about 10 minutes or until light brown in color.

ORANGE COOKIES

½ cup shortening
½ cup sugar
1 egg
1 egg white
2 tablespoons orange juice
1 tablespoon grated orange rind
½ teaspoon almond extract
2¼ cups sifted flour
½ teaspoon salt

Cream shortening, add sugar and cream well; add beaten egg and egg white, then orange juice and rind and extract. Mix well. Add sifted flour and salt gradually—beat all thoroughly. Put through Aluminum Automatic Cooky Former onto VIKO Aluminum Cooky Sheets. Bake in hot oven at 400° F. for 10 minutes. Makes 3 dozen.

PEANUT BUTTER COOKIES

1 cup shortening
1 cup white sugar
1 cup brown sugar
2 eggs, well beaten
1 cup peanut butter
3 cups sifted flour
2 teaspoons soda
½ teaspoon salt
1 teaspoon vanilla

Cream the shortening thoroughly. Add the sugar gradually, then the beaten eggs, and the peanut butter. Sift flour, soda and salt several times. Add gradually, mixing well. Shape into balls the size of a walnut. Place on VIKO Aluminum Cooky Sheet and flatten with a fork to about one-fourth inch. Bake until brown at 400° F. (Makes 100 cookies.)

PFEFFERNUESSE

2 cups corn syrup
2 cups molasses
1 cup shortening
1½ cups brown sugar
10 cups sifted flour
1 teaspoon soda
2 teaspoons cinnamon
½ teaspoon cloves
¼ lb. citron, cut fine
¼ lb. almonds, chopped fine
1 lemon, rind and juice

Warm syrup, add shortening and lemon juice and the remaining ingredients in order given, soda mixed with flour. Almonds and citron may be omitted. Roll into little balls, size of a marble, brush with white of egg and bake until brown, 350° F. on VIKO Aluminum Cooky Sheets. Will keep indefinitely.

DREAM BARS

½ cup butter
½ cup brown sugar
1 cup sifted cake flour

Mix the above ingredients to a crumbly mass. Pat into VIKO Aluminum Jelly Roll Pan, and bake in a moderate oven (375° F.) for 10 minutes. Remove from oven.

2 eggs
1 cup brown sugar
1 teaspoon vanilla
2 tablespoons flour
½ teaspoon baking powder
¼ teaspoon salt
1½ cups cocoanut
1 cup nutmeats

Beat the eggs, beat in the sugar and vanilla. Mix the flour, baking powder, and salt, and sift over the cocoanut and nuts. Add to sugar and egg mixture, and pour over the previously baked crust. Bake 20 minutes in a moderate oven, cool slightly, and cut into bars.

DATE SQUARES (Crystal Sticks)

3 eggs
1 cup sugar
1 teaspoon vanilla
1 teaspoon baking powder
1½ cups sifted flour
1 cup nut meats, chopped
1½ cups dates

Beat the egg until light and fluffy, then beat in the sugar, using an Aluminum Instant-Whip Beater. Add vanilla. Sift flour and baking powder, and add to the mixture . Mix the nuts and dates with some of the flour and add last. Spread in a well oiled VIKO Aluminum Biscuit Pan and bake at 325° F., a moderate temperature. When done, cut into desired strips while hot, and roll in sifted powdered sugar. These will keep 4 to 5 weeks if stored in a cool, dry place.

GINGER CAKES

1 teaspoon soda
½ cup molasses
¼ cup butter
¼ cup boiling water
2 cups sifted flour
½ teaspoon salt
1½ teaspoons ginger
½ teaspoon cinnamon

Stir the soda into the molasses; melt the butter in the boiling water. Sift together the flour, salt, ginger, and cinnamon, and combine the mixtures. Put into well buttered VIKO Aluminum Muffin Pans and bake in a moderate oven, 325° F., for about 25 minutes. When cold, cut a cone-shaped piece from the top of each cake; fill with whipped cream, replace the crust of the piece removed.

GUM DROP BARS

4 eggs
2 cups light brown sugar
1 tablespoon cold water
2 cups sifted cake flour
¼ teaspoon salt
1 teaspoon cinnamon
½ cup pecan nut meats
½ cup shredded gum drops (of assorted flavors, omit licorice)

Beat eggs thoroughly with VIKO Aluminum Instant-Whip Beater; add sugar and water, beat again. Sift dry ingredients, and sprinkle a portion of it over pecans and gum drops, add the remaining flour to eggs and sugar mixture. Fold in nuts and gum drops. Spread thinly in greased and floured VIKO Aluminum Jelly Roll Pan and bake in a moderate oven (325° F.) for 30 minutes.

RAISIN SCONES

3 cups sifted flour
5 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
½ cup shortening
¼ to 1 cup milk
¾ cup seedless raisins
1 egg yolk
1 tablespoon cold water

Sift the dry ingredients together. Cut in the shortening until the mixture resembles a coarse meal. Add the raisins, work in the liquid with a spatula. Add enough that the scones may be dropped from a tablespoon onto a VIKO Aluminum Cooky Sheet. Beat the egg yolk with the water, and spread over the scones with a pastry brush or a piece of cheese cloth. Bake in a hot oven (450° F.) for about 10 minutes.

These may be varied by adding a little less milk. Then turn the batter onto a floured board and pat to about 1 inch thickness. Cut into about 3 inch circles. With a knife cut ½ way through the dough across the two diameters at right angles. Then brush the egg mixture only in the creases. Bake and serve very hot.

MAIDS OF HONOR

½ cup shortening
2 eggs, unbeaten
¾ cup sugar
2 cups sifted cake flour
2 teaspoons baking powder
¼ teaspoon salt
½ cup blanched almonds, chopped
1 cup raspberry jam
1 cup whipping cream

Beat shortening and eggs to a cream. Add sugar. Beat until light and soft. Sift flour, baking powder, and salt three times. Add the flour mixture gradually to the first mixture. Put into well oiled VIKO Aluminum Muffin Pans. Make a deep hole in the center by pressing the dough up around the edges. Fill with jam and nuts mixed together. Bake at 450° F. for 10 minutes. When cool, pile with sweetened whipped cream. Makes about eighteen.

ONE-EGG CUP CAKES

¼ cup shortening
⅔ cup sugar
1 egg, separated
2 teaspoons baking powder
1½ cups sifted flour
½ cup milk
½ teaspoon vanilla

Cream shortening, add sugar gradually, creaming mixture well. Beat egg yolk until light and add to mixture. Sift flour and baking powder twice. Add flour and milk to the first mixture alternately, beating batter hard after each addition. Add vanilla. Fold in the stiffly beaten egg white. Bake in greased VIKO Aluminum Jelly Molds at 375°-400° F. Makes eight cakes .

One-half cup of chopped raisins, nuts, cocoanut or currants may be added to the cup cakes with excellent results.

ORANGE BLOSSOM CAKES

1 cup sugar
½ cup butter
3 eggs, separated
⅔ cup strained orange juice
1½ cups sifted flour
¼ teaspoon salt
2 teaspoons baking powder

Cream butter thoroughly. Add sugar gradually; add beaten egg yolks. Add dry ingredients (sifted together) alternately with orange juice. Fold in stiffly beaten egg whites. Bake in VIKO Aluminum Tea Cake Pans 20 minutes, in moderate oven (375° F.). Ice with:

STRAWBERRY ICING

1 glass strawberry jam beaten light with
2 tablespoons hot water
1 tablespoon orange juice

Add enough powdered sugar to make of a spreading consistency.

INDIVIDUAL UP-SIDE-DOWN CAKES

¼ cup butter
⅔ cup sugar
1 egg, beaten
2 teaspoons baking powder
1½ cups cake flour
½ cup milk
½ teaspoon vanilla

Cream butter, add sugar gradually, then beaten egg; add milk and dry ingredients alternately. Add flavoring and pour into greased Individual Aluminum Molds, on top of the following:

1 teaspoon butter
1 tablespoon brown sugar
2 tablespoons crushed pineapple

Bake in hot oven (400° F.). Remove from pans; serve warm with whipped cream.

INDIVIDUAL SHORTCAKES

3 cups sifted flour
5 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
½ cup shortening
½ to 1 cup milk

Mix and sift the dry ingredients. Cut in the shortening until the mixture resembles a coarse meal. Add liquid to make soft dough. Then turn onto a floured board and pat until about ½ to ¾ inch thick. Cut in rounds, butter one, then stack another on top of it. Place on VIKO Aluminum Cooky Sheet and bake in a hot oven (450° F.) until a light golden brown. Remove from the oven, split, cover with crushed, sweetened strawberries and serve with whipped cream. Serves 9.

PLANTATION CUP CAKES

½ cup shortening
¼ cup brown sugar
½ cup molasses
2 eggs
1½ cups sifted flour
¼ teaspoon soda
2 teaspoons baking powder
1 teaspoon cinnamon
¼ teaspoon mace
½ teaspoon salt
½ cup milk

Cream shortening, add sugar gradually. Add the molasses and well beaten eggs. Mix and sift dry ingredients and add them alternately with the milk. Mix well. Bake in greased VIKO Aluminum Muffin Pans in a quick oven, 350° to 400° F., for 20 minutes.

VELVET COOKIES

1 cup powdered sugar
2 tablespoons peanut butter
1 cup butter
1 egg
1 teaspoon baking powder
2½ cups sifted flour
1 teaspoon vanilla extract
¼ teaspoon almond extract

Cream butter and peanut butter, gradually adding sugar. Add unbeaten egg and flavoring, beat well. Sift baking powder and flour and add. Drop on VIKO Aluminum Cooky Sheet or put through Aluminum Automatic Cooky Former. Bake for 10 minutes in a hot oven at 400° F.

XMAS COOKIES FROM HOLLAND

1 lb. butter
1 lb. sifted flour
1 cup water
Mix as you do pie crust.
Cover and let stand in place for 1 week.

Make a filling of:
1 egg, beaten stiff
1 cup powdered sugar
½ cup cocoanut

Roll dough to ⅛ inch. Cut into 3 inch squares. Place a spoonful of filling in center of square and fold opposite corners to center forming an envelope; place on VIKO Aluminum Cooky Sheet and bake about 20 minutes in a moderate oven (375° F.).

ADDITIONAL RECIPES

PUDDINGS AND SAUCES

The Dessert Family includes; puddings (hot, steamed or baked), puddings (cold, chilled, frozen), gelatin and fruit whips. (Pie and Cake are treated in separate chapters.)

The choice depends upon; (a) the season of the year, and (b) the meal with which it is to be served. When preparing a heavy meal, plan to serve a light dessert; while with a light supper, luncheon or simple dinner, a rich pudding is desirable.

Fresh fruits are used most extensively in the summer, either alone, or in combination. The molded gelatin desserts and fruit whips are always welcome.

During the cooler seasons, rich, delicious puddings and pies are popular. The simplest pudding may be varied or "dressed up" by the use of different sauces. The addition of chopped nuts, fruit or whipped cream give a "festive air" to the dessert.

PUDDING SAUCES

BUTTERSCOTCH SAUCE

1¼ cups brown sugar
⅔ cup corn syrup
4 tablespoons butter
⅜ cup heavy cream
⅜ cup milk
1 teaspoon vanilla

Put sugar, corn syrup, and butter in VIKO Aluminum Sauce Pan; bring to the boiling point, and let boil to 230° F., or until a soft ball may be formed when tried in cold water; cool, then add cream and milk, and cook again till of right consistency, add flavoring. Keep hot over hot water.

BUTTERSCOTCH SAUCE

2 cups brown sugar
3 tablespoons flour
1½ cups boiling water
4 tablespoons butter

Mix sugar and flour, add boiling water. Cook in VIKO Aluminum Sauce Pan until thickened. Add butter. Serve hot or cold on ice cream or pudding.

CHERRY SAUCE

1 cup sugar
1 tablespoon flour
1 cup cherry juice
1 cup water
1 tablespoon butter

Combine sugar and flour, add fruit juice and water, and cook 1 minute in VIKO Aluminum Sauce Pan. Add butter.

HARD SAUCE

⅓ cup butter
1 cup confectioner sugar or ¾ cup granulated sugar
½ teaspoon orange extract
1 teaspoon vanilla

Cream butter in an Aluminum Mixing Bowl, add sugar gradually while beating constantly; then add flavoring.

FUDGE SAUCE

2 squares unsweetened chocolate (2 ounces)
1½ cups sugar
½ cup water
1 tablespoon butter
1 tablespoon light corn syrup
1 teaspoon vanilla
2 tablespoons thick cream

Melt chocolate over hot water in VIKO Aluminum Double Boiler and combine with the sugar, water, butter and corn syrup. Cook without stirring until mixture resembles a thick syrup. Remove from heat. Add vanilla and cream, mixing thoroughly. Cool and serve over Fudge Cream Roll.

HOT FUDGE SAUCE

1 tablespoon butter
1 square (1 oz.) unsweetened cooking chocolate
⅓ cup boiling water
1 cup granulated sugar
2 tablespoons light corn syrup
½ teaspoon vanilla extract
⅛ teaspoon salt

Melt butter in top of VIKO Aluminum Double Boiler, add chocolate. Stir over low heat until melted. Add boiling water slowly, stirring constantly and bring to a boil. Add sugar and corn syrup, stirring until dissolved. Cook 5 minutes. Add vanilla and salt. Serve hot or cold. Serves 6.

ICE CREAM SAUCE

1 egg
¾ cup sugar
⅛ teaspoon salt
⅓ cup melted butter
1 teaspoon vanilla
1 cup whipped cream

Beat egg, sugar, and salt in an Aluminum Mixing Bowl. Add melted butter, and beat again. Add vanilla. Fold in whipped cream.

LEMON SAUCE OR FILLING

1 cup sugar
1 lemon, juice and rind
5 tablespoons flour
¾ cup boiling water
Salt
2 tablespoons butter
2 egg yolks

Mix flour, sugar and salt. Add beaten egg yolks, lemon juice and grated rind and boiling water. Cook until thick in VIKO Aluminum Double Boiler. Then add butter before removing from range.

ORANGE SAUCE

⅔ cup sugar
2 tablespoons flour

Mix well in top of VIKO Aluminum Double Boiler. Add:

2 beaten egg yolks
1 cup hot water

Cook slowly over hot water, stirring constantly. Before serving, add 2 teaspoons orange extract.

WINE OR CHAMPAGNE SAUCE

1 cup butter
2 cups powdered sugar
½ cup wine or champagne

Cream butter and add sugar and beat until light in an Aluminum Mixing Bowl. Place in a larger bowl of hot water, add wine gradually and beat.

CHAMPAGNE SAUCE

1 cup butter
1 cup powdered sugar
2 egg whites
¼ cup boiling water
5 tablespoons champagne

Cream butter in an Aluminum Mixing Bowl; add sugar — cream, then add unbeaten egg whites and beat well. Add boiling water and beat with an Aluminum Instant-Whip Beater. Place bowl into a bowl of hot water and add champagne gradually — blend thoroughly and chill.

MAPLE PECAN SAUCE

¾ cup light maple sugar
2 tablespoons butter
¼ cup heavy cream
¼ cup pecan nut meats
½ teaspoon maple flavoring

In the top of a VIKO Aluminum Double Boiler boil the syrup and butter until it reaches the soft ball stage (232° F.). Remove from heat, add heavy cream slowly. Set over hot water until ready to serve, then add nuts and flavoring.

MALLOW MINT SAUCE

½ cup sugar
⅓ cup water
⅛ teaspoon cream of tartar
8 marshmallows
Few drops peppermint

Mix the sugar and water in VIKO Aluminum Sauce Pan. Boil three minutes. Add the cream of tartar. Cut marshmallows into pieces and stir into syrup. Add the peppermint.

YELLOW SAUCE

3 eggs
1½ cups confectioners sugar
1 teaspoon vanilla

Beat yolks of eggs until thick in an Aluminum Mixing Bowl with Aluminum Instant-Whip Beater; beat whites of eggs until stiff, add gradually one-half sugar, and add remaining sugar gradually; combine mixtures, and add flavoring.

SAUCE FOR STEAMED OR BAKED PUDDING

1 cup powdered sugar
½ cup cream
¼ cup butter
1 egg
Vanilla

Beat butter until creamy, add sugar gradually, beat until smooth and creamy. Add the egg yolk and cream, mix thoroughly. Cook in VIKO Aluminum Double Boiler until it thickens a little. When ready to serve add the stiffly beaten egg white and vanilla to taste.

HOT PUDDINGS AND CUSTARDS

APPLE CRISP

6-8 medium sized cooking apples
½ cup butter
1 cup brown sugar
½ cup sifted flour

Wash, pare and slice apples into a greased VIKO Aluminum Pudding Pan. Mix the sugar, butter and flour together until it is crumbly, using tips of fingers. Sprinkle this mixture over the top of the apples and bake for forty minutes in a moderately hot oven, 375° F. Serve with cream. Serves 6.

BAKED CUSTARD

2 eggs
Pinch of salt
4 tablespoons sugar
2 cups milk
Nutmeg

Beat eggs slightly, add salt and sugar, and stir until the sugar dissolves. Pour the milk into the beaten eggs. Add nutmeg or flavoring as desired. Pour into buttered Aluminum Custard Cups in a pan of hot water. Bake at 300° F. until the custards are firm, (20 to 30 minutes) or a knife blade inserted comes out clean.

BAKED FIG PUDDING

¼ cup butter
½ cup sugar
2 eggs, separated
1 cup bread crumbs
1 teaspoon baking powder
¼ teaspoon salt
¾ cup chopped figs
1 orange, cut in small pieces
Grated rind of ½ orange

Cream butter in an Aluminum Mixing Bowl, add sugar gradually; then add beaten egg yolks, bread crumbs, baking powder, salt, figs, orange pulp and rind; mix well, and fold in the stiffly beaten egg whites. Bake in buttered VIKO Aluminum Pudding Pan at 325° F., 30 minutes. Serve with Orange-Cinnamon Sauce. Serves 6.

Orange-Cinnamon Sauce

½ cup sugar
1 tablespoon cornstarch
¼ teaspoon salt
½ cup boiling water
½ cup orange juice
2 tablespoons lemon juice
2 tablespoons butter
1 teaspoon powdered cinnamon

Mix sugar, cornstarch and salt. Add boiling water gradually, stirring constantly. Cook over low heat 10 minutes, or until clear in VIKO Aluminum Sauce Pan. Remove from heat and beat in butter, orange and lemon juices and seasoning.

BROWN BETTY PUDDING

1 teaspoon butter
1 egg
½ cup sugar
½ cup milk
4 large apples
1 cup sifted flour
¼ teaspoon cinnamon
1 teaspoon baking powder
1 teaspoon melted butter

Slice apples and put them in the bottom of a buttered VIKO Aluminum Pudding Pan. Sprinkle with cinnamon and melted butter. Cream butter and sugar, add egg, milk, flour and baking powder. Pour this on top of the apples and bake 30 minutes. Serve warm with whipped cream.

CARAMEL PUDDING

2 cups sugar
4 cups water
1 tablespoon butter
4 tablespoons cornstarch
Nuts
Vanilla

Caramelize sugar in VIKO Aluminum Skillet. Add water. Let it soak until the sugar becomes softened up. Add butter. Dissolve the cornstarch in a small amount of cold water and add to the hot liquid, stirring constantly. Cool, add nuts and vanilla and pour into dishes. Chill until ready to serve.

CHERRY PUDDING

2 tablespoons shortening
2 cups sugar
1 cup milk
2 cups sifted cake flour
2 teaspoons baking powder
2 cups pitted cherries
1 cup hot water

Cream shortening and add 1 cup sugar. Add milk alternately with flour with which baking powder has been sifted. Beat until smooth. Pour into a greased VIKO Aluminum Biscuit Pan. Mix cherries with one cup of sugar and the hot water. Pour over the cake batter. Bake in a moderate oven (350° F.) for 30 minutes. The dough comes to the top while the cherries, sugar and water form a sauce. Serves 8.

CHOCOLATE PUDDING

too sweet 1 cup sugar 1/3 c. very good
⅓ cup flour
⅛ teaspoon salt
⅓ cup cocoa
2 cups milk

Mix the sugar, flour, salt and cocoa in a VIKO Aluminum Sauce Pan. Add the milk gradually. Cook until thickened, then additional 10 minutes.

CHOCOLATE BREAD PUDDING

2 cups stale bread crumbs
4 cups scalded milk
2 squares (2 oz.) unsweetened chocolate
⅔ cup sugar
2 eggs
¼ teaspoon salt
1 teaspoon vanilla

Soak bread in milk thirty minutes; melt chocolate in VIKO Aluminum Sauce Pan placed over hot water, add one-half sugar and enough milk taken from bread and milk to make of consistency to pour; add to bread crumbs with remaining sugar, salt, vanilla, and eggs slightly beaten; turn into buttered VIKO Aluminum Ring Mold, and bake 1 hour in a moderate oven. Serve with hard or cream sauce.

CHOCOLATE SOUFFLÉ

2 tablespoons butter or substitute
3 tablespoons flour
¼ teaspoon salt
1 cup milk
⅝ cup chocolate, shaved fine
3 egg yolks
⅓ cup sugar
3 egg whites
1 teaspoon vanilla
Whipped cream

Mix together in VIKO Aluminum Sauce Pan over a low heat the butter, flour and salt. Stir until smooth. Gradually add the milk and chocolate. Continue to cook and stir until smooth. Pour slowly onto the egg yolks beaten with the sugar until lemon colored, stirring constantly. Cool, then fold in the stiffly beaten egg whites and add the vanilla. Pour into VIKO Aluminum Biscuit Pan set in a larger pan with ½ inch hot water. Bake at 350° F. for about 1 hour. Serve hot with whipped cream sweetened and flavored with mint or vanilla.

COTTAGE PUDDING

¼ cup butter
⅔ cup sugar
1 egg
1 cup milk
2¼ cups sifted flour
4 teaspoons baking powder
½ teaspoon salt

Cream the butter in an Aluminum Mixing Bowl, add sugar gradually, and egg well beaten; mix and sift flour, baking powder, and salt; add alternately with milk to first mixture; turn into greased VIKO Aluminum Muffin Pans and bake 35 minutes. Serve with chocolate, vanilla, or hard sauce.

DATE PUDDING

1½ cups brown sugar
1 cup boiling water
1 cup sifted flour
½ teaspoon salt
1 teaspoon baking powder
1 tablespoon sugar
½ cup sweet milk
¾ cup chopped dates
½ cup chopped nuts

Boil the first two ingredients together in the VIKO Aluminum Skillet for 7 minutes. Sift together the flour, salt, baking powder, and sugar. Add the nuts and dates. Mix well, and stir in the milk. Drop the dough into the boiling syrup by tablespoonfuls. Cover the skillet, turn the heat low, and cook for 20 minutes. Then remove the cover, take from the heat, and allow 5 minutes for cooling and thickening. Turn onto a platter. Serve either hot or cold. Serves 6 to 8.

DEVIL'S FOOD PUDDING

½ cup shortening
1 cup sugar
2 eggs
2 cups sifted flour
½ teaspoon salt
1 cup milk
1 teaspoon vanilla
1 teaspoon soda
1 tablespoon cold water

Cream shortening, add sugar and eggs. Sift flour and salt, then add to mixture alternately with the milk. Add vanilla, then soda mixed with water. Bake in oiled VIKO Aluminum Loaf Pan in moderate oven (325° F.) for 1 hour, or until done. Serve hot with:

ICE CREAM SAUCE

3 squares (3 oz.) unsweetened chocolate
½ cup milk
½ cup sugar

Melt chocolate in VIKO Aluminum Double Boiler, add the sugar and milk, and cook until thick. Cool.

ESCALLOPED APPLES WITH PEANUT BRITTLE

6 large tart apples
¾ lb. peanut brittle
¼ teaspoon salt
4 tablespoons lemon juice

Peel and core apples. Cut in thin slices. Place a layer in the bottom of a buttered VIKO Alumilite Square Refrigerator Dish and add salt. Put peanut brittle through the food chopper and sprinkle liberally over apples. Add another layer, use alternately. Put lemon juice over top layer of apples, then last layer of brittle. Bake 1 hour in a slow oven. Serve hot or cold.

ENGLISH PLUM PUDDING

¼ pound suet, chopped
1 cup raisins
½ cup currants
½ cup mixed peel
½ cup sifted flour
½ cup crumbs
¼ teaspoon each cloves and allspice
½ teaspoon cinnamon
½ cup brown sugar
2 eggs

Mix the suet, fruit and chopped peel in an Aluminum Mixing Bowl, and dredge with some of the flour. Mix together the remaining flour, crumbs, spices and sugar, and add the well beaten eggs. Stir the fruit and suet into this mixture, and mix thoroughly. Put into oiled duplicate pan of VIKO Aluminum Vapor-Seal Cooker and steam above other foods. Serve with hard sauce or any desired sauce. Serves 8.

GINGER PUDDING

⅓ cup butter
½ cup sugar
1 egg, beaten
2 cups sifted flour
3½ teaspoons baking powder
¼ teaspoon salt
2 teaspoons ginger
1 cup milk

Cream the butter in an Aluminum Mixing Bowl, beat in the sugar gradually. Add the beaten egg. Beat thoroughly. Sift the remaining dry ingredients together, and add alternately with the milk to the first mixture. Beat thoroughly. Pour into well oiled pan of the 12 qt. cooker, and steam 1 hour over roast or other foods. Serve hot with whipped cream or hard sauce.

HARVARD PUDDING

⅓ cup butter
½ cup sugar
2½ cups sifted flour
3½ teaspoons baking powder
¼ teaspoon salt
1 egg
1 cup milk

Mix and sift dry ingredients into an Aluminum Mixing Bowl, then work in butter with tips of fingers; beat egg, add milk, and combine mixtures; turn into a buttered Aluminum Mold, cover, and steam two hours; serve with warm Apple Sauce and Hard Sauce.

HONEY CUSTARD

5 eggs
½ cup honey
4 cups scalded milk
¼ teaspoon salt
⅛ teaspoon nutmeg or cinnamon
½ teaspoon vanilla

Beat the eggs slightly with Aluminum Instant-Whip Beater. Add the other ingredients and combine. Bake in buttered Aluminum Molds set in a pan of hot water in a moderate oven (350° F.) until set.

LEMON CRUMB PUDDING

2 cups scalded milk
2 cups bread crumbs
¼ teaspoon salt
¼ cup sugar
1 egg
Grated rind of 1 lemon
3 tablespoons lemon juice
1 tablespoon melted butter

Pour the scalded milk over the fine, dry bread crumbs; add salt and sugar, well beaten egg, grated lemon rind, lemon juice, and melted butter. Pour into a buttered VIKO Aluminum Pudding Pan and bake at 325° F. for 45 minutes. Serve hot with Creamy Lemon Sauce.

CREAMY LEMON SAUCE

¼ cup butter
½ cup powdered sugar
Grated rind of ½ lemon
1 tablespoon lemon juice

Cream the butter; add sugar gradually, while beating constantly; then add grated lemon rind and lemon juice drop by drop. If desired, this sauce may be warmed over hot water, beaten thoroughly, and used as a liquid sauce.

UNCOOKED DATE PUDDING

½ lb. graham crackers
30 marshmallows
½ cup walnut meats
½ lb. dates, seeded

Grind the above ingredients together, using a coarse blade. Add ½ cup cream, and blend together thoroughly. Pack into buttered Aluminum Mold. At serving time remove from the mold, slice, and garnish with whipped cream.

MAPLE NUT PUDDING

2 tablespoons flour
2 tablespoons cornstarch
¼ cup cold water
1 cup maple syrup
1 cup boiling water
Whites 3 eggs
½ cup walnuts, crushed
Pinch of salt

Blend flour, cornstarch and cold water to a smooth paste, add boiling water and syrup. Cook in VIKO Aluminum Double Boiler until mixture thickens, stirring constantly. Fold in the stiffly beaten egg whites, nut meats, and salt. Pour into VIKO Aluminum Loaf Pan and chill. Serve with custard or whipped cream. Garnish with whipped cream and red cherries. Serves 8.

PEACH DOWDY

6 peaches
Sugar
Cinnamon
2 tablespoons butter
¼ cup shortening
⅔ cup sugar
1 egg, separated
1½ cups sifted flour
2 teaspoons baking powder
½ cup milk
½ teaspoon vanilla

Butter a VIKO Aluminum Square Cake Pan well, and cover with layers of peaches, pared and quartered, and interspersed with granulated sugar and cinnamon to taste. Dot with bits of the butter.

Cream shortening in an Aluminum Mixing Bowl; add sugar gradually. Beat egg yolk until light and add to mixture. Sift flour and baking powder several times. Add alternately with milk to egg and sugar mixture. Add vanilla. Fold in the stiffly beaten egg white. Pour over the peaches. Bake 45 to 50 minutes in a moderate oven (350° F.) and serve warm with hard sauce.

PRUNE PUDDING WITH PRUNE SAUCE

Pit 24 cooked prunes and place in upper pan of the cooker; over this pour muffin batter made from the following recipe.

4 tablespoons butter
4 tablespoons sugar
½ teaspoon salt
1 egg, beaten
1 cup milk
2 cups sifted flour
5 teaspoons baking powder

Cream butter and sugar, add beaten egg, sift dry ingredients and add alternately with milk. Steam pudding ½ hour. Serve with prune sauce made of the following ingredients:

1 tablespoon butter
1 tablespoon flour
1 tablespoon sugar
½ cup prune juice
¼ cup water

The prune juice should be poured from the cooked prunes. Combine flour and sugar. Mix prune juice and water and gradually add to dry ingredients. Cook 3 minutes. Add butter. Serve hot.

RED HOT APPLE DUMPLINGS

Wash, pare and core 6 medium size apples. Cover them completely with one inch strips of pie crust or rich biscuit dough. Cook the apple peelings and cores with ¾ cup of boiling water. After straining this sauce add ¾ cup sugar, 1 teaspoon of cinnamon, and enough vegetable coloring to make the syrup red. Use this to baste apple dumplings after they have been in a hot oven (450° F.) for 10 or 15 minutes. Bake in VIKO Aluminum Biscuit Pan until the apples are soft. Serve hot with cream.

RHUBARB PUDDING

Icing:
4 cups rhubarb
1½ cups sugar
2 tablespoons flour
2 tablespoons melted butter
¼ teaspoon salt
1 egg

Mix together the sugar, flour and salt. Beat the egg and add the first mixture gradually. Beat in the melted butter. Then add the rhubarb and mix thoroughly. Put this in a buttered VIKO Aluminum Pudding Pan.

Batter:
½ cup sugar
1 tablespoon butter
½ cup milk
1 egg
1 cup sifted flour
1½ teaspoons baking powder

Sift flour, and baking powder. Cream butter, add three tablespoons sugar and cream thoroughly. Beat the egg and add the rest of the sugar to the egg. Add this to the creamed butter and sugar. Add the flour mixture, one tablespoon at a time, alternately with the milk and beat well. Pour this on top of the icing in the pudding pan and bake at 350° F. for one hour.

SAILOR DUFF

1 egg
2 tablespoons sugar
½ cup thick molasses
1 teaspoon soda
1½ cups sifted flour
½ cup boiling water

Beat the egg light, add the sugar. Dissolve the soda in the molasses, and combine with the egg mixture. Then beat in the water and flour. Pour into the well buttered inset pan, and steam in the VIKO Aluminum Vapor-Seal Cooker, over other foods, 1 hour. Serve with maple syrup sauce or hard sauce.

Hard Sauce

¼ cup butter
½ cup powdered sugar
½ teaspoon vanilla

Cream the butter, then beat in the sugar and vanilla.

SNOW PEAKS

½ cup milk
2 squares (2 oz.) bitter chocolate
½ cup sifted flour
3 tablespoons butter or substitute
½ cup sugar
1 egg
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon vanilla

Heat milk over hot water in VIKO Aluminum Double Boiler. Add chocolate broken into pieces. Cook until thick, stirring to keep smooth. Cream the butter, add the sugar gradually, then the egg. To this add the chocolate mixture. Sift the flour, and dry ingredients, several times. Add to first mixture and blend well. Add vanilla. Pour into six greased VIKO Aluminum Custard Cups. Bake in a moderate oven (350° F.) about 20 minutes. Serve warm with:

MALLOW MINT SAUCE

½ cup sugar
⅛ cup water
⅛ teaspoon cream of tartar
8 marshmallows
Few drops peppermint

Mix the sugar and water in a VIKO Aluminum Sauce Pan. Boil three minutes. Add the cream of tartar. Cut marshmallows into pieces and stir into syrup. Add the peppermint.

VOLSTEAD PLUM PUDDING

2 cups stale bread crumbs
¾ cup milk
1 cup beef suet
⅓ cup sugar
⅓ cup maple syrup
1½ teaspoons salt
3 eggs
¾ cup raisins
½ cup citron, shredded
¾ cup currants
3 tablespoons flour
2 tablespoons baking powder
¼ cup lemon juice
¼ cup water

Scald the milk in a VIKO Aluminum Double Boiler and pour it on the bread crumbs. Chop suet and work with the hands until creamy; then add sugar gradually, while working constantly. Add maple syrup, salt, eggs well beaten. Add raisins, citron and currants mixed and dredged with flour mixed with baking powder; combine mixtures and add lemon juice and water. Turn into a buttered VIKO Aluminum Mold, cover, and steam 3 to 4 hours. Reheat for serving; the time required being about ½ hour. Serve with Lemon Sauce:

Lemon Sauce

½ cup sugar
1 tablespoon cornstarch
2 tablespoons butter
1 cup boiling water
1½ tablespoons lemon juice
Pinch of salt
Nutmeg

Mix sugar, cornstarch and salt; add water and cook 3 minutes. Add lemon juice and butter, mix thoroughly and remove from range. Sprinkle nutmeg over the servings. Decorate with holly.

BANANA NUT ROLLS

Lemon Sauce
½ cup granulated sugar
2 tablespoons flour
1 cup boiling water
3 tablespoons lemon juice
4 bananas
1 egg
½ cup orange juice
1 cup ground almonds
Maraschino cherries
Grated lemon rind from ½ lemon
⅛ teaspoon salt
2 tablespoons butter

Cut bananas in half crosswise, sprinkle with orange juice, let stand in a cool place while fat is melted in the VIKO Aluminum French Fryer; then roll lightly in ground nuts, and in beaten egg, then in nuts again, fry in hot fat—about 375° F.—for 1 minute or until nut coating is golden brown. Serve with lemon sauce and a maraschino cherry on each half. This may be used as a salad, or a dessert.

Lemon Sauce: Mix sugar, flour, salt, and lemon rind; add lemon juice and boiling water, boil 3 minutes, add butter and cook until butter is melted. May be served hot or cold as preferred.

SOFT CUSTARD

2 cups milk
3 egg yolks
3 egg whites
¼ cup sugar
½ teaspoon flavoring
¼ teaspoon salt

Scald the milk in the VIKO Aluminum Double Boiler. Beat the egg yolks and mix part of the milk with them. Add this to the remainder of the milk. Return to double boiler and cook, stirring constantly until the custard thickens sufficiently to coat a spoon. Add sugar and salt, remove from heat. When cool, add the flavoring. The beaten egg whites may be folded into the mixture when it is hot or after it has cooled. Some prefer to chill the mixture and spot the beaten whites over the top just before serving. Serves 6.

STEAMED ALMOND PUDDING

6 tablespoons sugar
1 tablespoon flour
½ cup ground almonds
1 cup hot milk
¼ cup butter
6 eggs
½ teaspoon almond extract

Melt the sugar in a VIKO Aluminum Skillet until light brown. Add milk very gradually, stirring all the time. Cool, then add butter, flour, almonds, the yolks of eggs well beaten and lastly the whites that have been beaten stiff. Butter a VIKO Aluminum Ring Mold, sprinkle a coating of sugar in ring mold and pour in mixture. Place in a VIKO Aluminum Dutch Oven which has 4 cups of boiling water in it and steam 1 hour over low heat. Serves 6.

STEAMED CHOCOLATE PUDDING

3 tablespoons butter
⅔ cup sugar
1 egg
1 cup milk
2¼ cups sifted flour
4½ teaspoons baking powder
2½ squares (2½ oz.) unsweetened chocolate
¼ teaspoon salt

Cream the butter in an Aluminum Mixing Bowl, add sugar gradually, and egg well beaten. Mix and sift flour with baking powder and salt, and add alternately with milk to first mixture, then add melted chocolate. Turn into buttered VIKO Aluminum Mold. Cover and steam two hours. Serve with hard sauce.

STEAMED GRAHAM NUT PUDDING

1½ cups sifted flour
1 cup graham flour
½ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon cloves
¾ cup nut meats, chopped
½ cup currants
1 cup molasses
½ cup sour milk
½ teaspoon soda (dissolve in milk)
2 eggs, beaten
¼ cup melted shortening

Sift the dry ingredients together. Mix in the currants and nuts. Then add the other ingredients. Beat until well blended, pour into well oiled pudding pan of the VIKO Aluminum Vapor-Seal Cooker, and steam 1 hour or longer. Serve hot with hard sauce.

COLD PUDDINGS

FLUFFY CHOCOLATE PUDDING

2 squares (2 oz.) bitter chocolate
½ cup granulated sugar
⅛ teaspoon salt
2 tablespoons cornstarch
1 cup cold water
1 cup boiling water
1 cup cream, whipped
¼ cup powdered sugar
½ teaspoon vanilla
6 cherries

Melt chocolate in VIKO Aluminum Double Boiler; add sugar and salt. Mix cornstarch with cold water, then add boiling water gradually, and cook until smooth and thick. Add cornstarch mixture slowly to chocolate mixture, and cook 10 minutes longer. Cool. Add powdered sugar and vanilla to whipped cream. Fold three-fourths of whipped cream into chocolate mixture. Pour into sherbet glasses, garnish with remaining whipped cream and cherries. Serves 6.

BLUSHING SNOWBALLS

6 medium size apples
1½ cups sugar
1½ cups water
16 marshmallows
1 teaspoon lemon juice
Red cinnamon candies
Moist cocoanut

Pare and core the apples. Make a syrup in VIKO Aluminum Sauce Pan, of the sugar, water, marshmallows, and lemon juice, adding enough candies to make it pink. Cook the apples in this, simmering gently, and turning carefully to avoid breaking the fruit. When tender, remove apples, cool, and then roll in cocoanut. Serve cold in sherbets surrounded with the remaining syrup.

FRUIT DE LUXE

1⅓ cups condensed milk
¼ cup lemon juice
¼ teaspoon salt
2 cups fresh fruit or canned fruit, well drained
About 2½ dozen vanilla wafers

Add lemon juice and salt to condensed milk, beat well. Add fruit. (Cherries, strawberries, and raspberries are well suited to this.)

Place a piece of wax paper in the VIKO Aluminum Loaf Pan, place a layer of the mixture, then a layer of wafers. Alternate until all has been placed in the pan having a layer of wafers on top. Fold wax paper over top and put in the refrigerator to chill for six hours or more.

FUDGE CREAM ROLL

2 cups whipping cream
½ cup sugar
1 teaspoon vanilla
30 chocolate cookies

Whip cream until stiff. Add sugar and vanilla. Spread about 1 tablespoon of the sweetened whipped cream evenly over a chocolate cooky, then place another cooky above it. Repeat this until cookies have been used. Lay roll lengthwise in a VIKO Aluminum Refrigerator Dish and completely cover it with remaining whipped cream. Cover and set in refrigerator to chill for at least 8 hours. Cut slices diagonally across the roll and serve with Fudge Sauce if desired. Serves 12 to 15.

FIG CARAMEL PUDDING

¾ cup sugar, caramelized
2 cups water
6 tablespoons cornstarch
2 cups milk
1 tablespoon butter
1 cup figs, chopped
1 tablespoon vanilla

Caramelize the sugar in the VIKO Aluminum Skillet, add water, and boil until caramel is dissolved. Pour into top of VIKO Aluminum Double Boiler. Add the cornstarch which has been dissolved in the milk. Cook until thick and smooth, stirring constantly. Add butter and figs. Remove from the heat, add flavoring and pour into individual VIKO Aluminum Jelly Molds. Chill and garnish with whipped cream. Serves 8.

TRIFLE

½ inch cubes of Sponge or Angel Food Cake
Brandy
Currant jell
Southern style cocoanut
Ground almonds
Rich boiled custard
Whipped cream

Place cubes of cake in dessert glasses. Dot each piece with jell and saturate with brandy. Cover with cocoanut and a few ground almonds. Pour custard over all and set in refrigerator to chill. When ready to serve, garnish with a spoonful of cream whipped with Aluminum Instant-Whip Beater and top with a dot of jell or a maraschino cherry.

FRUIT SOUP (Swedish)

1 pound prunes
Water
½ lemon, thinly sliced
½ cup seedless raisins
½ cup sugar
3 inch stick cinnamon
1 tablespoon quick cooking tapioca
2 tablespoons flour
Cream

Cook prunes in VIKO Aluminum Sauce Pan with plenty of water and the lemon until fruit is tender. Strain and set aside prunes. Measure liquid in which prunes were cooked (there should be four cupfuls). Cook this very gently for fifteen minutes with raisins, cinnamon, tapioca and sugar, then thicken with flour moistened with a little cold water. Add stoned prunes, allowing four to each portion, chill and serve with cream as a first course. Other fruit such as cherries, currants, plums, grapes, raspberries, or a combination of fruits may be used.

ICE CREAM SANDWICH

Bake angel or sponge cake in VIKO Aluminum Angel Cake Pan and when cool, cut 2 pieces for each serving. Spread a thick layer of fruit ice cream on one piece, cover with second piece, placing to make a flat top. Cover with whipped cream and top with candied violet.

QUICK FRUIT DESSERT

1 cup whipping cream (whipped stiff)
Carefully fold in
1 cup macaroon crumbs
1 cup marshmallows quartered
1 cup pineapple cubes
Nuts if desired

Beat cream with Aluminum Instant-Whip Beater and combine all ingredients in an Aluminum Mixing Bowl. Pile lightly in sherbet glasses. Serve very cold. Garnish with red or green cherry.

SNOW PUDDING

4 egg yolks or 1 egg
1 cup milk
2 tablespoons sugar
1 No. 2 can Royal Anne cherries
1 No. 2 can crushed pineapple
1 No. 2 can pears
1 pound marshmallows
2 cups whipping cream
1 teaspoon lemon juice

Make a custard in the VIKO Aluminum Double Boiler, of the egg yolks and milk sweetened with the sugar. Cool. Remove pitts from cherries. Mix pineapple and cherries and diced pears. Add marshmallows cut in pieces, and lemon juice to the fruit. Stir in custard and fold in cream which has been whipped with Aluminum Instant-Whip Beater. Let stand in a cool place for twenty-four hours. Scoop out individual servings to represent snowballs. Serve on lettuce or as a dessert without the lettuce. Makes 24 servings.

SUN TAN PUDDING

1 No. 2 can apricots
10 macaroons (1 cup ground)
½ cup sugar
4 egg yolks
4 egg whites

Drain apricots, heat juice in VIKO Aluminum Sauce Pan. Beat egg yolks, add sugar, apricot pulp chopped fine, macaroon crumbs and hot juice. Return to sauce pan and cook until thickened. Fold into egg whites beaten stiff and pour mixture into VIKO Aluminum Spring-Apart Torte and Cake Pan lined with macaroons. (2 cups whipped cream makes a pleasing substitution for egg whites.) Let stand in refrigerator over night.

NEAPOLITAN MOLD

4 packages fruit gelatin (2 strawberry, 1 cherry and 1 lemon flavor)
6 blanched almonds
1 maraschino cherry

Put the four kinds of gelatin into four different Aluminum Mixing Bowls, and dissolve each with two cups boiling water.

Rinse the VIKO Aluminum Mold with cold water, and barely cover the bottom with some of the strawberry gelatin. Place it in the refrigerator to set. Then place a flower design in the bottom of it by putting the cherry in the center and the blanched almonds around it for petals. Allow this to set. Pour in the remaining gelatin from this first bowl, and allow it to set. Whip the lemon gelatin. Pour it into the mold as the second layer and let it set. Whip the cherry gelatin and use it as third layer; let it set. Then add the remaining bowl of strawberry gelatin and let it thicken. To remove this dessert, dip the mold for an instant into quite warm water, place a plate over the top, and invert plate and mold at the same time. Garnish with whipped cream and serve.

ORANGE BAVARIAN CREAM

1 tablespoon gelatin
¼ cup cold water
1 cup orange juice
Juice of ½ lemon
½ cup sugar
⅛ teaspoon salt
1 cup thick cream

Soak the gelatin in the cold water in top of VIKO Aluminum Double Boiler; add the strained fruit juice, sugar, and salt. Place over boiling water and stir until the gelatin melts and the sugar dissolves. Set in a cool place. When the mixture begins to thicken, beat with an Aluminum Instant-Whip Beater until light. Then whip the cream and fold into the gelatin mixture. Pour into individual Aluminum Jelly Molds, and let stand in a cool place until firm. Serve with whipped cream. Serves 6.

SPANISH CREAM

1 tablespoon granulated gelatin
3 cups milk
Whites 3 eggs
Yolks 3 eggs
½ cup sugar (scant)
¼ teaspoon salt
1 teaspoon vanilla or 3 tablespoons wine

Scald milk in VIKO Aluminum Double Boiler. Add gelatin to scalded milk; add sugar. Pour slowly on yolks of eggs slightly beaten. Return to double boiler and cook until thickened, stirring constantly; remove from range; add salt, flavoring, and whites of eggs beaten stiff. Turn into VIKO Aluminum Ring Mold, first dipped in cold water, and chill. Serve with cream.

ORANGE TRIFLE

2 tablespoons granulated gelatin
½ cup cold water
½ cup boiling water
1 cup sugar
1 cup orange juice
Grated rind 1 orange
1 tablespoon lemon juice
1 cup whipping cream
6 maraschino cherries, finely diced

Soak the gelatin in the cold water. After ten minutes, dissolve in boiling water. Add sugar, orange juice and rind, and lemon juice. When the mixture begins to thicken, fold in whipped cream. Pour mixture in VIKO Aluminum Ring Mold and chill. Garnish with sliced oranges. Serves 8.

ALMOND RICE DESSERT (Danish)

2 cups milk
½ cup rice
½ cup sugar
1 tablespoon gelatin
1 cup whipping cream
½ cup chopped blanched almonds
1 teaspoon vanilla
Stewed fruits, optional

Wash rice and cook ten minutes in slightly salted boiling water. Drain, turn into VIKO Aluminum Double Boiler, add milk and cook over hot water until milk is absorbed. Next add sugar, gelatin softened in a very little cold milk, and almonds. Cool, flavor and fold in cream, beaten until stiff. Chill very thoroughly and serve plain or with fruit—apples, pears or peaches—cooked until tender in a sugar and water syrup. Lift the portions of fruit out before they break. Cook the syrup down until thick, flavoring with lemon, ginger or vanilla and pour over the fruit. Serves four large portions.

BURNT ALMOND CHARLOTTE

2 tablespoons gelatin
½ cup cold water
¾ cup scalded milk
½ cup sugar
½ cup sugar, caramelized
¾ cup blanched and finely chopped almonds
1 teaspoon almond extract
1 cup whipping cream
6 lady fingers

Soak gelatin in cold water, add scalded milk which has sugar dissolved in it and caramelized sugar. Set aside in a cool place. When it begins to thicken, beat in whipped cream, flavoring, and nuts. Line Aluminum Mold with lady fingers and fill center with gelatin mixture.

BLANC MANGE

1 tablespoon granulated gelatin
¼ cup cold water
2 cups milk
3 egg yolks
½ cup sugar
⅛ teaspoon salt
1 teaspoon vanilla

Soak gelatin in cold water 5 minutes. Scald the milk over hot water in VIKO Aluminum Double Boiler. Beat egg yolks, sugar and salt together and pour the scalded milk into the mixture. Return to double boiler, and cook until custard coats the spoon. Add gelatin and stir until it is dissolved. Cool slightly and add vanilla.

Pour into individual Aluminum Molds which have been rinsed in cold water. Place in refrigerator to become firm. Serve with sliced fruit or with whipped cream garnished with cherry.

PEACH COCOANUT CREAM

2 tablespoons gelatin
6 tablespoons cold water
3 cups milk
4 egg yolks
½ cup sugar
4 egg whites, beaten stiff
1 cup shredded cocoanut
1 teaspoon vanilla
2 peaches, sliced

Soak gelatin in the cold water 5 minutes. Make a custard in a VIKO Aluminum Double Boiler, of the yolks of eggs, sugar, and milk; when thick stir into soaked gelatin. When the mixture begins to set fold in cocoanut, beaten whites of eggs, and flavoring. Cover the bottom of the VIKO Aluminum Mold with slices of fresh or drained canned peaches. Over these pour the gelatin mixture. Chill 6 hours.

GRAPE FOAM

1 package prepared lemon gelatin
1 cup boiling water
1 cup grape juice
½ cup sugar
Diced canned pears
Chopped nuts

Dissolve the gelatin and sugar in the boiling water, add the grape juice. Divide the mixture into two parts; when cool and slightly thickened beat one-half with Aluminum Instant-Whip Beater. Fill Individual VIKO Aluminum Molds to about half with the beaten mixture. Place in refrigerator and allow to set. Add the pears and nuts to the unbeaten gelatin and pour into molds when "foam" has set.

LEMON AND APPLE SNOW

1 pkg. prepared lemon gelatin
2 cups hot water
½ cup whipping cream
1 cup apple sauce

Dissolve gelatin in hot water and let stand until it starts to set; then whip, add apple sauce and whipped cream, turn into a VIKO Aluminum Mold and place in a cool place to set. Serves 8.

PINEAPPLE DAINTY

1 package prepared gelatin
1 cup boiling liquid, water and pineapple juice
1 cup cooked rice
¼ cup powdered sugar
¾ cup shredded pineapple, drained
½ cup walnut meats, cut fine
¾ cup marshmallows
1 cup whipped cream

Dissolve gelatin in one cup of boiling liquid. When cool and slightly thickened, add rice, mixed with sugar and pineapple, walnuts and marshmallows cut in pieces. Fold in stiffly beaten cream. Pour into VIKO Aluminum Refrigerator Dish, cover and chill. Serves 12.

APRICOT SPONGE

8 apricots (16 halves)
1 tablespoon granulated gelatin
2 tablespoons cold water
½ cup boiling water
½ cup sugar
½ tablespoon lemon juice
3 egg whites, beaten

Dissolve gelatin in cold water. Add boiling water, stir until dissolved. Add lemon juice, sugar, and ½ of the apricots which have been put through a VIKO Aluminum Food Press. Set in a pan of ice water and beat with Aluminum Instant-Whip Beater until thickened. Fold in stiffly beaten egg whites, pile lightly in serving glasses, chill and garnish with remaining halves of apricots.

PRUNE DELIGHT

2 cups sugar
½ cup water
2 tablespoons corn syrup
½ cup chopped prune pulp
2 egg whites
⅛ cup chopped nuts
2 drops lemon extract

Mix sugar, water, corn syrup, and prune pulp in a VIKO Aluminum Sauce Pan. Boil to the firm ball stage (258° F.). Slowly beat this syrup into the well beaten egg whites. Beat in the chopped nuts, lemon extract, and continue beating until almost cold. Pour into well buttered VIKO Aluminum Bread Pan. Let stand over night. When set, cut into squares of desired size.

PRUNE WHIP

30 to 35 prunes
5 egg whites
Pinch of salt
¼ teaspoon cream of tartar
5 tablespoons sugar
⅓ cup broken nutmeats
Thin cream, custard sauce, or whipped cream

Cook the prunes. When cold, remove the stones and force through VIKO Aluminum Food Press. Beat the egg whites and salt until foamy, add cream of tartar, and beat until very stiff. Then add the sugar, nutmeats, and prunes. Turn into VIKO Aluminum Pudding Pan. Place the pan in another pan containing hot water. Bake in a moderate oven (325° F.) until delicately browned (about 20 minutes). Serve either hot or cold with thin cream, or custard sauce, or whipped cream.

LEMON FLUFF

12 egg whites
2 cups sugar
1 teaspoon vanilla

Beat the egg whites until dry with an Aluminum Instant-Whip Beater; add the sugar gradually, beating constantly, then add the vanilla. Beat this mixture for 15 minutes. Bake in two VIKO Aluminum Deep Layer Cake Pans that have been greased and lined with paper, in a slow oven (250° F.) for 40 minutes. When cool remove from pans, put together with the following filling, and top with whipped cream.

Filling

9 egg yolks
⅔ cup sugar
Rind and juice of 1 orange
Juice of 1 lemon

Beat the egg yolks, add the sugar, orange rind and juice, and lemon juice. Cook in VIKO Aluminum Double Boiler until thickened.

TAPIOCA FLUFF

2 cups boiling water
1 cup sugar
3 tablespoons minute tapioca
Juice of 1 lemon
2 egg whites

Put boiling water and sugar in VIKO Aluminum Sauce Pan. Stir in tapioca. Cook until clear. Add juice of lemon and pour mixture over the stiffly beaten egg whites, beating constantly with Aluminum Instant-Whip Beater. Set aside in a cool place to become firm. Serve with the following custard sauce:

Custard Sauce

2 cups milk
2 egg yolks
4 tablespoons sugar
½ teaspoon vanilla

Scald milk in VIKO Aluminum Double Boiler and pour over yolks (beaten with Aluminum Instant-Whip Beater) mixed with sugar. Return to double boiler and cook until mixture coats spoon. When cool add vanilla. Serves 8.

BANANA FLUFF

Whites of 2 eggs
2 tablespoons maraschino syrup
1 cup mashed banana pulp
3 tablespoons sugar
2 tablespoons lemon juice

Beat egg whites until stiff and dry in an Aluminum Mixing Bowl with the Aluminum Instant-Whip Beater. Peel and mash the bananas in VIKO Aluminum Food Press; add pulp, sugar, syrup and lemon juice to egg whites (gradually) beating meanwhile. Pile in sherbet glasses, garnish with chopped cherries and nuts. Serve very cold.

APRICOT WHIP

½ pound dried apricots
Water
¾ cup sugar
¼ teaspoon salt
5 egg whites

Wash apricots until thoroughly clean. Place in bowl and cover with water. Soak over night. In the morning cook them in water, in which they soaked, for 15 minutes, or until soft. Press through VIKO Aluminum Food Press and measure pulp. There should be at least a cupful. Heat pulp and sugar together until sugar is dissolved, stirring constantly. Whip the egg whites with VIKO Aluminum Instant-Whip Beater until very light. Add the salt and hot apricot pulp in small quantities until all is mixed with the whites of eggs, whipping constantly with Aluminum Instant-Whip Beater. Serve with custard sauce made from the yolks, or with plain or whipped cream. Serves 8.

FROZEN DESSERTS

CARAMEL ICE CREAM

1 cup sugar
¼ cup boiling water
1½ cups evaporated milk
2 egg yolks
1 teaspoon gelatin
⅛ teaspoon salt
1 teaspoon vanilla
½ cup chopped nuts
1 cup whipping cream
1 tablespoon cold water

Caramelize sugar until the color of maple syrup by melting in VIKO Aluminum Sauce Pan over low heat. Add boiling water slowly and cook until a thick syrup is formed. Add milk which has been scalded in VIKO Aluminum Double Boiler. Pour the combined mixture over beaten egg yolks, stirring constantly. Return to double boiler and cook two minutes, until mixture will coat spoon. Pour this on the gelatin that has been dissolved in the cold water and has stood for 5 minutes. Stir, remove from heat, chill thoroughly. Add salt, vanilla, and nuts; fold in the whipped cream and freeze.

CHOCOLATE ICE CREAM

2 cups milk
1 cup sugar
2 tablespoons flour
2 egg yolks
1 teaspoon gelatin
1 tablespoon cold water
2 squares (2 oz.) unsweetened chocolate
¼ cup hot water
⅛ teaspoon salt
2 teaspoons vanilla
1 cup whipping cream

Scald the milk in VIKO Aluminum Double Boiler. Pour it slowly on the sugar and flour that have been mixed well. Return to double boiler and cook for 15 minutes, then slowly pour the mixture on the beaten egg yolks. Return to double boiler and cook for a few minutes. Pour this on the gelatin that has been dissolved in the cold water and has stood for 5 minutes. Melt the chocolate in a VIKO Aluminum Sauce Pan, add the hot water, stir until smooth, and add the custard mixture to it. Cool thoroughly. Add the vanilla and salt, fold in the whipped cream, and freeze.

Plain vanilla ice cream is made in the same manner, omitting the chocolate and hot water.

BANANA WATER ICE

12 bananas
½ cup lemon juice
4 cups water
2 cups sugar

Cook the water and sugar to a syrup in VIKO Aluminum Sauce Pan. Cool, add lemon juice and mashed bananas. Freeze.

FROZEN ORANGE CAKE

1 cup water
1½ cups sugar
1 grated orange rind
½ cup lemon juice
2 cups orange juice
2 teaspoons gelatin
4 tablespoons water

Soak gelatin in the 4 tablespoons cold water. Boil sugar, water and orange rind for five minutes in a VIKO Aluminum Sauce Pan. Add gelatin to hot syrup, stir until dissolved. Add to fruit juices, turn into a VIKO Aluminum Loaf Pan and chill. When frozen about one inch from edge of pan, take out of refrigerator and beat with wooden spoon. Return to froster and freeze.
Beat 1 cup of cream until thickened. Add 2 tablespoons powdered sugar and a few drops of flavoring extract. Serve with above.

PISTACHIO ICE CREAM

2 cups top milk
¾ cup sugar
Few grains salt
1 tablespoon cornstarch
½ teaspoon gelatin
1 teaspoon almond flavoring
1 cup cream, whipped
1 teaspoon green coloring

Scald milk in VIKO Aluminum Double Boiler, add sugar and salt. Mix cornstarch with little cold milk, add to scalding milk, cook about ten minutes. Add gelatin soaked in 1 tablespoon cold water, chill. Add extract. Fold in whipped cream. Freeze in tray in refrigerator.

VANILLA ICE CREAM

2 cups top milk
¾ cup sugar
Few grains salt
1 tablespoon cornstarch
½ teaspoon gelatin
1 teaspoon vanilla
1 cup cream, whipped

Scald milk in VIKO Aluminum Double Boiler; add sugar and salt. Mix cornstarch with little cold milk, add to scalding milk, cook in double boiler about ten minutes. Add gelatin soaked in 1 tablespoon cold water, chill. Add extract. Fold in whipped cream. Freeze in tray in refrigerator.

CRANBERRY ICE

4 cups cranberries
1½ cups boiling water
1 tablespoon gelatin
¼ cup cold water
2¼ cups sugar

Cook the cranberries and water for 10 minutes in a VIKO Aluminum Sauce Pan. Pour while boiling hot on the gelatin that has been dissolved in the cold water. Rub through a VIKO Aluminum Food Press, add the sugar, and pour into freezing tray of electric refrigerator. Serve as a substitute for cranberry sauce or jelly.

FROZEN FRUIT MAYONNAISE

1 cup heavy cream
⅓ cup mayonnaise
1 cup sugar
1 cup crushed pineapple
½ cup canned strawberries
2 tablespoons lemon juice
2 bananas
1 teaspoon gelatin

Soak gelatin, dissolve in hot strawberry juice. Cool. Beat cream, add mayonnaise and sugar. Add pineapple, strawberries, lemon juice, and the mashed bananas. Turn into Individual Aluminum Heart Molds, cover closely, and let stand three hours. Serve on lettuce. Serves 12.

COLD APRICOT SOUFFLÉ

3 yolks of eggs
1 lemon (rind and juice)
½ cup sugar
Pinch of salt
½ cup whipping cream
⅜ cup canned apricots
½ cup apricot syrup
1 tablespoon gelatin
⅛ cup cold water
3 egg whites

Beat egg yolks with Aluminum Instant-Whip Beater and add grated rind, lemon juice, apricot juice, sugar, and salt. Cook over hot water, stirring constantly until mixture thickens. Remove from range and add gelatin (which has been soaked in water five minutes) and chopped apricots. When mixture begins to thicken add cream beaten until stiff and egg whites beaten until stiff. Turn into a VIKO Aluminum Mold or individual molds which have been dipped in cold water. Chill and serve with whipped cream.

ITALIAN SPUMONI (Ice Cream)

2 cups milk
1 cup sugar
4 egg yolks
¼ teaspoon salt

Scald milk and pour on beaten egg yolks, sugar and salt. Cool, then freeze to consistency of butter. Then add: 2 cups whipped cream (1 cup before whipping) to which has been added:

3 mashed bananas
1 cup crushed pineapple
½ cup shredded maraschino cherries
½ cup chopped walnuts

Freeze in refrigerator or freezer until solid.

Note: Real Spumoni is made in a mold lined with plain frozen custard and filled with whipped cream and fruit mixture.

Variations: Chocolate, vanilla, hazelnut and orange.

ANGEL PARFAIT

1 cup sugar
1 cup water
3 egg whites, beaten
2 cups cream, whipped
1 tablespoon vanilla or
½ tablespoon almond flavoring

Boil the sugar and water in a VIKO Aluminum Sauce Pan until it spins a thread; then pour in a fine stream on the stiffly beaten egg whites, beating constantly until cool. Stir in the whipped cream and flavoring. Freeze. A pretty variation of this recipe is the addition of ½ cup red cherries, halved. This is delicious with Angel Food Cake.

BUTTERSCOTCH PARFAIT

½ cup brown sugar
1 tablespoon butter
5 tablespoons water
2 egg yolks
¼ cup milk
Pinch of salt
½ teaspoon vanilla
1 cup whipping cream

Cook sugar, butter and water in upper section of VIKO Aluminum Double Boiler over direct heat to boiling point. Beat egg yolks, pour hot syrup over them, beat, adding milk and salt. Return to double boiler and cook over hot water for 5 minutes, stirring constantly. Chill thoroughly; add vanilla and whipped cream. Freeze.

PRALINE PARFAIT

¾ cup corn syrup
1 cup crushed pecans or walnuts
1 teaspoon almond extract
3 egg whites
2 cups cream, whipped
Few grains salt
Maraschino cherries
3 tablespoons maraschino juice

Boil syrup in a VIKO Aluminum Sauce Pan until it spins a thread. Add salt to egg whites and beat very stiff. Fold into syrup. Fold in whipped cream; add nuts, cherries, flavoring and cherry juice. Freeze without stirring. Makes 1 quart.

ADDITIONAL RECIPES

ADDITIONAL RECIPES

PASTRY

"Keep the water out" but "force the air in" is the best advice the new cook can follow for tender, delicious pastry.

To have a tasty, flaky crust—handle the dough as little as possible, and just as lightly as you can. Cut cold fat into the flour quickly, and allow it to remain in large flakes, (this is one thing which gives you the flaky crust you desire.)

Add enough cold water to hold the ingredients together; this, with the speed of handling, determines the tenderness of the crust. Roll out on lightly floured cloth or board. Ease pastry into pie pan, cut off excess dough. For fruit pies, brush lower crust with the white of egg, to prevent sogginess. To bake pastry shells; ease pastry over bottom of pan, pinch edges, and prick well with a fork to prevent blistering. (One may cover this with a second pie pan to be sure of a perfect fitting crust.)

Bake at a high temperature. Allow shells to cool before adding filling. They may be kept in the refrigerator two or three days.

Cold ingredients, speedy preparation and high baking temperatures are the three things to remember, if you want a tender, flaky and easy digestible crust.

BOILING WATER PIE CRUST

¼ cup boiling water
½ cup soft lard
1½ cups bread flour
½ teaspoon salt
½ teaspoon baking powder

Put lard into an Aluminum Mixing Bowl. Pour boiling water over the lard. Stir until smooth. Measure flour, sift with salt and baking powder. Add to lard and water mixture, mixing only until blended. Chill before using. Makes one double crust pie.

PIE CRUST

2 cups sifted cake flour
½ cup lard
½ teaspoon salt
Water

Cut lard into flour and salt slightly in an Aluminum Mixing Bowl, leaving large flakes (which helps to give you a flakier crust). Add just enough cold water to hold the mixture together. Turn on floured cloth or board and roll lightly—fit into VIKO Aluminum Pie Pan.

RICH BISCUIT CRUST FOR STRAWBERRY AND OTHER SHORTCAKES

2½ cups sifted flour
5 teaspoons baking powder
½ teaspoon salt
4 tablespoons shortening
⅔ cup milk (or more)

Mix and sift together the flour, baking powder, and salt; cut in the shortening; use the milk cautiously in mixing the dry ingredients to a soft dough. Spread the dough in two well greased VIKO Aluminum Layer Cake Pans. Bake in a quick oven (450° to 475° F.) about 15 minutes. Spread the crusts with creamed butter, finish with sugared berries between and above the crusts. Blackberries, raspberries, sliced fresh, or canned peaches and apricots make choice shortcakes.

CHOUX PASTE FOR ECLAIRS AND CREAM PUFFS

1 cup boiling water
½ cup butter or substitute
1 cup sifted cake flour
3 eggs

Set the water and shortening over the fire in a small Aluminum Sauce Pan; when boiling sift in the flour, cook and stir constantly until the mixture leaves the sides of the pan a smooth, compact mass. Turn into a mixing bowl, break in an egg and beat until the mixture is smooth; beat in the second egg, then the third egg. The eggs are added unbeaten. Shape (with two teaspoons) on a greased VIKO Aluminum Cooky Sheet in rounds for cream puffs, in strips 1 inch by 5 for eclairs. Bake in an oven (450°-475° F.) hot on the bottom, about 25 minutes. When done, a cake lifted in the hand will feel light. With a sharp knife make a cut in each puff large enough to admit of Cream Filling, which can be forced in with a pastry bag and tube. Eclairs are sometimes covered with chocolate frosting.

PUFF PASTE (French Paste)

½ pound butter
¾ cup ice water
½ pound sifted pastry flour

(The portions are more exact if materials are weighed. ½ pound of butter is about 1 cup, ½ pound pastry flour about 2 cups.) Wash the butter, reserve 1 tablespoon, and shape remainder into a flat, square cake about ½ inch thick. Have materials and utensils as cold as possible. Stir 1 tablespoon of butter into the flour and moisten to a stiff dough with the ice water. Knead on a slightly floured board until smooth and elastic (about 2 minutes). Cover and let stand a few minutes, then roll out to a rectangular shape about ¼ inch thick. Place butter in the center of the lower half of the paste, sprinkle lightly with flour, fold other half of paste over it, pressing edges firmly together to enclose as much air as possible. Fold the right side of the paste under the enclosed butter, the left side over again, enclosing the butter, press edges closely, cover and let stand 5 minutes. Turn half way around and roll as before. Repeat 3 times, enclosing as much air as possible each time. Use only a very little flour on the board and rolling pin, and if necessary chill between rolling. Paste may be chilled in a pan between pans of crushed ice. Ice should not come in direct contact with the pastry. If the paste is to be kept for some time before using, wrap it in a napkin and cover tightly in a pail, then put in refrigerator or a cold place. Chill after shaping. The paste should be ice cold when placed in the oven. Bake on a VIKO Aluminum Cooky Sheet in a hot oven, with the greatest heat coming from below so that the pastry may rise evenly. When paste is well risen, slip a second cooky sheet under the one containing the paste to prevent its burning on the bottom. Time of baking depends on the thickness of the paste.

Failures in making Puff Paste are usually due to (a) letting paste get warm while working on it, (b) handling with too much pressure, (c) distributing butter unevenly, or (d) wrong baking. It is even more important here than in Plain Pastry not to add more water than is necessary, or to roll in flour unnecessarily. This amount makes from 6 to 8 patties.

LADY LOCKS OR CREAM HORNS

Cut rich pastry in strips one inch wide and wrap around Aluminum Crueller Forms. Bake in hot oven, then fill with meringue, whipped cream or crushed fruit.

ORANGE CRUSTIES

Make Plain Pastry using iced orange juice instead of ice water. Roll dough to ¼ inch thick, cut in fancy shapes, spread with orange sauce, allowing a dessert spoonful for each crustie, and sprinkle with cinnamon and sugar, then a little grated orange rind. Place on VIKO Aluminum Cooky Sheets and bake in a hot oven, 450° F., for about five minutes, or until done. Serve cold.

DANISH PASTRY

Rinse a bowl and a wooden spoon in hot water, then in cold, letting cold water, changed once or twice, stand in the bowl until the bowl is chilled. Then refill the bowl with cold water, and in it work ¾ cup of butter, with the spoon, until the butter is pliable and waxy throughout. Then pat it into two thin cakes, pressing out all water—wrap in a cloth and chill until hard. Sift three cups of bread flour with one-fourth teaspoonful of mace and one teaspoonful of salt; rub one of the pats of chilled butter into the sifted flour until the mixture resembles coarse meal. Beat three eggs and stir them with one cup of sugar, two cups of milk, grated rind of one lemon and a yeast cake softened in one-fourth cup of luke-warm water; combine this mixture with the flour mixture. Beat very hard, adding more flour slowly (five or six cups) until the whole mixture becomes too stiff to handle with a spoon. Turn the dough on a floured board and knead until elastic. Return the dough to the bowl, cover with a cloth and place in refrigerator for one hour. Chill the rolling pin by placing on ice for one hour. Dredge the moulding board lightly with flour and roll out the chilled dough into a rectangular sheet. Have the sheet of dough a little more than twice the width and three times the length of the second cake of chilled butter. Set the butter in the middle of the lower half of sheet of dough, the greatest length of the butter over the greatest length of the dough. Then turn the dough lengthwise over the butter, thus folding the dough in the center, lengthwise, and enclosing the butter. Press the three open edges of dough together, then fold one end of the dough over and the other under the butter. There will now be three layers of dough over and three under the layer of butter. Now turn dough around, in order to roll the sheet of dough in a direction opposite to the first rolling. Then pat gently with pin and roll the dough into a long strip, taking pains to roll the butter between the layers of dough and without letting the dough break through to the butter. Fold to make three even layers with edges perfectly straight. Then turn dough half way round so as to roll in opposite direction. Repeat process three times. Place in refrigerator for one hour. Twist or roll or cut into desired shapes, arrange in buttered pans—brush with egg and milk mixture—set to rise in a warm temperature two hours, then place in refrigerator until next day. Bake in a moderate oven, 350° F. Frost with confectioners frosting, tinted as desired; or sprinkle with chopped nuts just before baking; or use as tartlet paste, or as buns, etc.

CHOCOLATE CRUSTIES

Cream 3 tablespoons of butter and 1 cup powdered sugar and work in 3 tablespoons unsweetened cocoa. This sauce may be a little difficult to spread on the uncooked dough, but it melts as soon as it reaches the oven. Half a pecan imbedded in the sauce with an extra sprinkling of cocoa just before placing in the oven, adds to the richness. Lemon or orange juice can be used in the pie crust.

FRUIT TARTS

Cover Individual Aluminum Pie Pans with pastry and bake. Remove pastry and fill with strawberries, grapes, peaches, apricots, pears, sliced bananas, or other fruit and cover with melted currant jelly or apricot jam. If desired, cooked Cream Filling may be put in the cases first and the fruit on top.

HUNGARIAN PITE

Roll out two circles of good short pastry to fit a large VIKO Aluminum Round Cake Pan. Put one circle into the pan. Sprinkle five tablespoons of dry cake crumbs over the pastry. Chop six large apples very fine and add the juice of one lemon. Mix apples with six tablespoons of sugar, half a cup of raisins, one teaspoon of cinnamon. Put apples over the patsry and the other circle of pastry on top of the apples. Prick with a fork, brush with egg white, sprinkle with a quarter of a cup of coarsely chopped almonds and bake in hot oven (450° F.) for 10 minutes, then moderate oven (325° F.) for 25 minutes.

APPLE PIE

2 cups sliced apples
½ teaspoon salt
1 cup sugar (about)
½ teaspoon cinnamon
Few gratings of nutmeg
2 tablespoons cold water
1 tablespoon butter

Put the pared and sliced apples in the VIKO Aluminum Pie Pan lined with pastry; sprinkle on the salt, sugar, and nutmeg; add the cold water, if the apples will cook dry, otherwise omit it; add the butter here and there in bits. Follow directions for making paste and baking pies.

APPLE PIE WITH CHEESE CRUST

5 or 6 large, tart apples
1¼ cups sugar
½ teaspoon nutmeg
2 tabelspoons butter

Pare, core, and slice the apples. Mix them with the sugar and nutmeg. Lay them in a VIKO Aluminum Pie Pan lined with cheese crust made by adding 1 cup grated cheese to the flour, salt and shortening before adding water and rolling the crust. Dot with bits of butter. Cover with upper crust. Slash the top crust. Bake at 450° F. for 10 to 15 minutes, or until the edges begin to brown, and then reduce heat to 350° F. and continue baking for about 30 minutes.

APPLE-CUSTARD PIE

Apples
1 cup sugar
1 tablespoon cinnamon
1 tablespoon flour
2 tablespoons butter
1 cup coffee cream
1 cup milk
2 eggs
Cherries, if desired

Line a VIKO Aluminum Pie Pan with pastry. Core and pare apples, cut in two or three slices crosswise, arrange around pan and fill holes and sides with mixed sugar, cinnamon and flour. Dot with butter. Beat egg, add milk and cream. Mix thoroughly, pour over apples. Bake 30 minutes at 400° F.

You may cut maraschino cherries in half and place in centers of apples.

SOUR CREAM APPLE PIE

1 cup sour cream
1 cup granulated sugar
1 teaspoon cinnamon
Cooking apples

Line an unbaked crust with sliced apples. Mix sour cream, sugar, and spice, and pour over the apples. Bake at 425° F. in a VIKO Aluminum Pie Pan until the apples are soft.

BANANA CREAM PIE

1 tablespoon butter
2 tablespoons flour
4 tablespoons sugar
1 cup milk
2 egg yolks

Melt the butter in the top of a VIKO Aluminum Double Boiler, blend the flour with the butter, add the milk, stirring constantly until slightly thickened and smooth, then stir in the sugar. Pour this hot mixture into the beaten yolks of eggs, stirring constantly. Return this to the double boiler and cook until slightly thickened.

Slice three bananas into a baked pie crust; over this pour the above cream filling. Cover with meringue made of:

2 egg whites
¼ cup sugar
⅛ teaspoon lemon extract

Bake until light brown in 300° F. oven.

JELL PATTIES

Line VIKO Aluminum Gem Pans with rich plain pie paste or puff paste rolled thin. Put one tablespoon of following mixture into each patty shell and bake in hot oven 25 minutes.

½ cup sugar
¼ cup butter

Beat in 1 egg and ½ glass jelly. Serve with whipped cream. Makes 6 patties.

APPLE FLUFF PIE

3 egg whites
¾ cup sugar
⅛ teaspoon cinnamon
¾ cup apples, grated
Baked pie shell

Beat the egg whites until stiff. Mix the sugar and cinnamon, and fold into the egg whites. Then fold in the grated apples. Pour into baked pie crust in VIKO Aluminum Pie Pan. Bake in a moderate oven, 325° F., 45 minutes. Serve warm.

SCOTCH APPLE PIE

Line VIKO Aluminum Pie Pan with pie crust and fill with sliced unpared apples which have been mixed with 1 cup sugar and sprinkled with cinnamon. Bake at 450° F. for 10 minutes, then 350° F. until apples are nearly tender when they should be covered with the following custard and baked an additional ten minutes.

Custard

1 egg (beaten)
4 tablespoons sour cream
2 tablespoons sugar

BAVARIAN CREAM PIE

1½ tablespoons granulated gelatin
⅓ cup cold milk
1 cup scalded milk
3 egg yolks
⅔ cup sugar
1½ cups heavy cream, whipped
Salt
1 teaspoon vanilla
Baked pastry shell

Soak the gelatin in the cold milk 10 minutes. Make a custard of the scalded milk, egg yolks, and sugar in VIKO Aluminum Double Boiler. Pour the hot custard over the soaked gelatin. Beat until it is dissolved. Set in a cold place until the custard begins to set, then fold in the whipped cream, vanilla, and salt. Pour into baked pastry shell. Garnish with slices of red cherries. Place in the refrigerator until firm. Serve cold.

BLACK BOTTOM PIE

2 cups hot milk
5 tablespoons flour
½ cup sugar
½ teaspoon salt
4 egg yolks or 2 whole eggs
2 teaspoons vanilla
Grated dipping chocolate
Whipped cream

Scald the milk in VIKO Aluminum Double Boiler. Mix the flour, sugar, and salt, and slowly add hot milk. Cook 20 minutes over hot water. Beat the egg yolks. Slowly pour the hot mixture on them. Cool and add vanilla.

Cover the pie shell, baked in VIKO Aluminum Square Cake Pan, with a layer of grated chocolate while pie crust is still warm. Pour the cream filling into this. Cover the cream filling with a layer of grated chocolate. Before serving, cover the top with sweetened and flavored whipped cream.

APRICOT CUSTARD PIE

3 eggs
1 cup sugar
1 cup milk
¼ teaspoon salt
1 cup dried apricots, cooked and mashed

Line the VIKO Aluminum Pie Pan with pastry. Beat the eggs, add the sugar, milk, salt, and apricots. Continue beating until thoroughly mixed. Pour into pastry shell. Bake 10 minutes at 425° F. to set the pastry, then reduce the heat to 200° F., and continue cooking until the custard is firm, about 1¼ hours. Serve either hot or very cold.

BUTTERSCOTCH PIE WITH GRAHAM CRACKER CRUST

Crust

2 cups graham cracker crumbs
½ cup melted butter
1 egg white, beaten
Few sprinkles of cinnamon

Mix the butter and crumbs together. Fold in the beaten egg white and line VIKO Aluminum Pie Pan with this mixture, saving out ½ cup for top, by patting firmly into sides and bottom. Bake for 10 minutes at 325° F.

Filling

2 cups brown sugar
3 tablespoons butter
2 egg yolks
6 tablespoons cake flour
1 cup milk
1 cup water
½ teaspoon vanilla

Cook the brown sugar, butter, and 3 tablespoons water together in a VIKO Aluminum Sauce Pan until waxy and candy-like. Mix the yolks, flour, milk, and water together, and add, stirring constantly, the sugar mixture to this. Return to stove, and cook until thick. Cool. Add vanilla and pour into shell, cover with meringue made of the egg whites beaten with 4 tablespoons sugar. Sprinkle with ½ cup of cracker crumbs over the meringue, and bake for 15 minutes at 325° F.

FRESH BLUEBERRY PIE

3 cups blueberries
1 cup sugar
½ teaspoon cinnamon (if desired)
3 tablespoons flour
2 tablespoons butter

Fill crust with berries mixed with sugar, cinnamon and flour. Dot with butter. Wet edge of under crust. Fold top crust in half making several cuts through which steam may escape. Lay folded crust gently on top of filling, unfold so that entire surface is covered. Press the two edges together and build up fluted edge. Bake in VIKO Aluminum Pie Pan in a hot oven (450° F.) for first 10 minutes; then reduce to 350° F. to finish baking.

BUTTERMILK PIE

1 cup sugar
4 tablespoons flour
1 whole egg
3 egg yolks
2 cups fresh buttermilk
1 tablespoon butter
1 tablespoon lemon extract

Sift together sugar and flour. Add whole egg well beaten with egg yolks. Add buttermilk, stir and cook in VIKO Aluminum Sauce Pan until thick and creamy. Remove from fire; add butter and lemon extract. Cool slightly, and pour into baked pie shell. Cover with meringue.

MERINGUE: Use ⅓ cup sugar for the 3 egg whites.

BEST BUTTERSCOTCH PIE

1½ cups milk
½ cup granulated sugar
3 tablespoons butter
¼ cup water

Put the milk to scald in VIKO Aluminum Double Boiler. Combine the sugar, butter, and water in VIKO Aluminum Sauce Pan and cook, stirring, until the mixture turns a deep golden brown; do not let it burn. Add the scalded milk, and heat, stirring, until the sugar mixture dissolves.

⅔ cup brown sugar
3 tablespoons flour
4 tablespoons cornstarch
½ teaspoon salt
1½ cups cold milk
3 egg yolks
1 teaspoon vanilla

Mix well together in upper section of double boiler the sugar, flour, cornstarch and salt. Add the milk slowly, stirring well to prevent lumps, and cook over hot water, stirring until smooth. Add the caramel mixture and continue cooking and stirring until thick. Beat the egg yolks in a bowl, add to them a little of the hot mixture, stirring vigorously; turn this egg mixture into the double boiler, and continue cooking and stirring for about 2 minutes. Remove from heat, add the vanilla, and cool thoroughly. Pour into baked pie shell in VIKO Aluminum Pie Pan.

3 egg whites
Few drops of vanilla
6 tablespoons granulated sugar

Beat the egg whites very stiff, and add the sugar gradually, beating hard after each addition of sugar. Add the vanilla. Pile lightly on the butterscotch filling, leaving the top rough. Put into a moderate oven (300° F.) and bake 20 to 30 minutes. Let cool before serving.

(This filling may be made on Saturday for a Sunday pie.)

PINEAPPLE AND GRAPEFRUIT PIE

1½ cups canned, crushed pineapple
¾ cup grapefruit juice
⅛ cup flour
¼ teaspoon salt
1 cup sugar
2 egg yolks
2 tablespoons butter
2 tablespoons lemon juice
2 egg whites

Mix pineapple and grapefruit juice. Sift flour, salt, and sugar together, and add to fruit mixture. Cook in top of VIKO Aluminum Double Boiler until thickened and creamy. Pour slowly on slightly beaten egg yolks, return to double boiler and cook for a few minutes longer. Remove from fire, and add butter and lemon juice. Pour into pie shell baked in VIKO Aluminum Pie Pan. Cover with meringue made of the egg whites and 4 tablespoons sugar. Brown in a moderate oven (325° F.) for 17 minutes. Chill before serving. Whipped cream may replace the meringue.

PRUNE PIE

2 cups cooked, pitted prunes
1 cup sugar
2 tablespoons flour
⅛ teaspoon salt
½ teaspoon cinnamon
2 tablespoons melted butter
3 tablespoons lemon juice

Put prunes through food chopper. Mix sugar, flour, salt, and cinnamon, and add to prunes. Add the butter and lemon juice. Turn into VIKO Aluminum Pie Pan lined with unbaked pie crust. Bake in a hot oven (450° F.) to brown crust, then reduce heat to 350° F. until filling bubbles. When cool, top with whipped cream.

CHIFFON PIE

4 egg yolks
⅛ cup lemon juice
¼ teaspoon salt
½ cup sugar
Grated rind of 1 lemon
2 tablespoons boiling water

Boil until thick. Add to stiffly beaten egg whites and ½ cup sugar. Pour into baked shell in a VIKO Aluminum Pie Pan. Brown filling.

CHIFFON PIE

1¼ cups sugar
½ cup flour
½ teaspoon salt
1¼ cups boiling water
1 lemon
1 orange
3 eggs
A baked pastry shell

Mix the sugar and flour together in the top of a VIKO Aluminum Double Boiler, stir in the boiling water directly over heat, and when thick cover and cook over hot water for 15 minutes. Gradually add the slightly beaten egg yolks, the juice of the lemon, and the grated rind and juice of the orange; cook until it is thick. Cool.

Make a meringue of the egg whites, half a cup of granulated sugar, and a teaspoon of lemon juice. Fold a quarter of this into the filling and pour into the crust. Top with the rest of the meringue and cook in a slow oven, 300° F., for about 15 minutes.

CHOCOLATE CHIFFON PIE

1 tablespoon gelatin
¼ cup cold water
½ cup boiling water
6 level tablespoons cocoa or
2 squares chocolate
4 eggs
1 cup sugar
¼ teaspoon salt
1 teaspoon vanilla

Soak gelatin in cold water about five minutes. Mix the cocoa or chocolate and boiling water until smooth in an Aluminum Mixing Bowl. Add softened gelatin, dissolving thoroughly. To this mixture add egg yolks, slightly beaten, one-half cup sugar, salt and vanilla. Cool, and when mixture begins to thicken, fold in stiffly beaten egg whites and the other one-half cup sugar. Pour into baked pie shell in VIKO Aluminum Pie Pan and chill. Just before serving, spread over pie a thin layer of whipped cream.

BLACK CHOCOLATE PIE

4 ozs. baking chocolate
2 cups milk, scalded
2 cups sugar
2 tablespoons butter
½ cup cold milk
5 tablespoons cornstarch
or ½ cup flour
1 teaspoon vanilla
6 eggs, separated
½ teaspoon salt

Melt chocolate. Scald the milk, add sugar and butter, and cornstarch mixed with the cold milk. Cook in a VIKO Aluminum Double Boiler, stirring all the time. When it begins to thicken, add the melted chocolate, then the beaten egg yolks and salt. Cook until the mixture is thick and starch is cooked. Beat thoroughly with an Aluminum Instant-Whip Beater. Add vanilla, let cool, and then pour into pie crust which has been baked in a VIKO Aluminum Pie Pan. Pile high with meringue made of the egg whites beaten stiff and ½ cup granulated sugar. Bake in a slow oven (300° F.) for ¾ hour, not allowing the meringue to become too brown. Serve cold, but do not put in refrigerator.

BRIDE'S CHOCOLATE PIE

½ lb. chocolate wafers
1 tablespoon granulated gelatin
¼ cup cold water
⅓ cup boiling water
3 egg whites
⅓ cup sugar
⅛ teaspoon salt
1 cup whipping cream
1 teaspoon vanilla

Roll the wafers, and put half of them in buttered VIKO Aluminum Pie Pan. Dissolve the gelatin in the cold water and let stand 5 minutes. Add the boiling water, mix well, and cool. Beat the egg whites stiff, beat in the sugar and salt. Whip the cream, and add to egg mixture. Add the gelatin mixture, mix well, and add vanilla. Pour into pan lined with crumbs and cover with the remaining half of the crumbs. Let stand in refrigerator over night.

CHOCOLATE CREAM PIE

1 tablespoon gelatin
¼ cup cold water
½ cup sugar
6 level tablespoons cocoa or
2 squares chocolate, melted
½ teaspoon salt
1 teaspoon vanilla
1 cup cream, whipped
1 cup milk, hot

Soak the gelatin in cold water about five minutes. Make a syrup of the sugar, melted chocolate or cocoa, hot milk and salt. Add the softened gelatin to this mixture ,stirring thoroughly. Allow to cool. Add the vanilla and as the mixture begins to thicken, fold in whipped cream. Pour into baked pie shell in VIKO Aluminum Pie Pan and chill. Before serving spread pie with a thin layer of whipped cream.

CHOP SUEY PIE

1 pound dates
4 cups milk
½ cup chopped walnuts
2 eggs
1 teaspooon cinnamon
⅛ teaspoon salt
1 cup whipping cream

Stone the dates and cut fine; boil in the milk, in a VIKO Aluminum Sauce Pan until tender. When cool add the nuts, beaten eggs, cinnamon, and salt. Bake in square VIKO Aluminum Layer Cake Pan lined with unbaked pie crust in a hot oven (450° F.) to brown crust, then 350° F. to cook filling. Before serving cover with sweetened whipped cream.

COCOANUT PIE

2 cups milk
½ cup sugar
¼ teaspoon salt
4 tablespoons flour
2 eggs
½ cup cocoanut
1 teaspoon vanilla

Heat the milk in VIKO Aluminum Double Boiler. Mix the sugar, salt, and flour. Separate the eggs, add the beaten yolks, and mix well. Add the hot milk, a little at a time. Return to double boiler and cook until it thickens. Remove from the fire and add the cocoanut and vanilla. Carefully fold in the egg whites, beaten stiff, and pour into a baked pie crust in VIKO Aluminum Pie Pan. Brown in a slow oven (300° F.), and serve the day it is made.

INDIVIDUAL CHERRY PIES

Line individual VIKO Aluminum Pie Pans with rich pie crust. Put in a filling of stoned, fresh cherries, sugar and butter. Cover with second crust and bake in a hot oven (450° F.) for ten minutes. Then 350° F. for fifteen or twenty minutes.

MOCK CHERRY PIE

Make a full recipe for crust. Line VIKO Aluminum Pie Pan with ½ crust.

Mix:

- 2 cups cranberries, cut halves
- 2 cups sugar (dependent upon acidity of cranberries)
- ¼ cup water
- 1 teaspoon vanilla
- ½ teaspoon almond extract

Put into pie shell. Sprinkle with flour and cover with upper crust. Bake in hot oven (450° F.).

Note: This pie has a decided cherry flavor.

UNUSUAL CHERRY PIE

Make crust as follows:

- 1 cup sifted cake flour
- ¼ cup shortening
- 1 egg
- ¼ cup sugar
- 1 tablespoon milk
- ½ teaspoon baking powder
- ½ teaspoon vanilla
- ¼ teaspoon salt

Cut the shortening into the flour, to which has been added salt and baking powder. Beat the sugar into the egg, add the milk and vanilla. Combine the two mixtures. This will make a stiff dough. Put it into a greased VIKO Aluminum Pie Pan as for coffee cake, spread it evenly, and cover with the following:

- Cracker crumbs
- Yolk of 1 egg
- 3 tablespoons milk or cream
- ½ cup sugar

Sprinkle the crumbs over the crust. Then cover with cherries, washed and stoned, and sprinkle with sugar and ½ teaspoon cinnamon. Beat the egg yolk, add the cream and cherry juice if you have any. Pour over the pie and bake in a hot oven (425° F.) in a VIKO Aluminum Pie Pan for about 30 minutes. Serve slightly warm.

CHESS PIE

- ½ cup butter or substitute
- 1 cup sugar
- 2 eggs
- 1 cup raisins
- 1 cup nuts
- ½ cup milk
- ½ teaspoon black walnut extract

Cream the butter and add sugar; add the yolks of the eggs well beaten, then the milk, raisins and nuts. Mix well and add last the well beaten whites of the eggs and flavoring. Pour into VIKO Aluminum Pie Pan lined with plain crust and bake. This will make 2 pies. Use sweetened whipped cream for meringue.

SWEET POTATO CUSTARD PIE

- 1 cup butter
- 1 cup sugar
- ½ pound mashed sweet potato (canned sweet potato may be used)
- 4 eggs
- ⅓ cup sweet cream
- ¼ teaspoon each nutmeg and cinnamon
- A few drops almond extract and black walnut extract

If you use raw sweet potatoes, wash, boil, peel and mash them through a VIKO Aluminum Colander or Food Press. Beat butter until creamy, add sugar, beat until fluffy, add cream, mix well. Separate eggs and beat until very light, add by degrees to butter mixture as it should have a curdled appearance. Add nutmeg and cinnamon and the extract if you desire to. Put into a lined VIKO Aluminum Pie Pan and bake in a hot oven (400° F.).

MOCK MINCEMEAT

1 pk. green tomatoes
4 lbs. white sugar
1 teaspoon cloves
1 teaspoon nutmeg
1 teaspoon allspice
1 teaspoon cinnamon
1 teaspoon salt
2 lbs. raisins
8 large sour apples
1 cup suet
½ cup vinegar

Put tomatoes, apples, raisins and suet through food chopper. Add spices and vinegar. Boil in VIKO Aluminum Preserving Kettle for 4 hours.

ORANGE BLOSSOM PIE

Add 1 tablespoon sugar and the grated rind of half an orange to regular pie crust recipe, and substitute orange juice for water. Line VIKO Aluminum Pie Pan, prick bottom and sides and bake in a hot oven 450° F. until browned. Then fill pie shell with:

ORANGE FILLING

2 cups milk
½ cup instant tapioca
½ cup sugar
⅛ teaspoon salt
Grated rind of ½ orange
2 eggs
½ teaspoon shredded cocoanut

Heat the milk in VIKO Aluminum Double Boiler. Mix the tapioca, sugar and salt, and stir into the milk. Cook until mixture begins to thicken. Add the orange rind. Cook 15 minutes, stirring to keep smooth. Stir in beaten egg yolks and cook one minute longer. Cool. Then fold in the stiffly beaten egg whites. Pour into pie shell. Sprinkle top with shredded cocoanut. Brown lightly in oven or under broiler. Chill thoroughly.

PEACH CHIFFON PIE

¼ cup flour
1 cup sugar
1¼ cups canned, crushed peaches
3 eggs
½ cup orange juice
Baked pastry shell

Mix the flour with one-half of sugar. Add the crushed peaches and cook in a VIKO Aluminum Double Boiler until thickened. Beat egg yolks and add slowly to hot peach mixture, continue cooking slowly, stirring until thick. Remove from fire, and add orange juice. Beat egg white until stiff and dry, beating in remainder of sugar gradually. Fold into peach mixture and pile lightly in a baked crust in a VIKO Aluminum Pie Pan. Bake in a moderate oven, 325° F., until firm.

PEANUT BUTTER PIE

½ cup peanut butter
1 cup boiling water
1 cup hot milk
½ cup sugar
4 tablespoons flour
3 egg yolks
¼ teaspoon salt

Mix the peanut butter with the boiling water until smooth in the top of a VIKO Aluminum Double Boiler. Thoroughly mix sugar, flour, egg yolks and salt. To this add the hot milk. Combine with peanut butter mixture. Cook over hot water until thickened, then cook an additional 10 minutes. Cool, pour into baked pastry shell in VIKO Aluminum Pie Pan. Cover with meringue made from 3 egg whites, 6 tablespoons sugar. Bake 30 minutes in a moderate oven (325° F.). Cool and serve.

APPLE PRUNE PIE

2 cooking apples
1 cup prune pulp
1 cup prune liquid
3 tablespoons flour
⅓ cup sugar
¼ teaspoon cinnamon
⅛ teaspoon salt

Core, slice, and arrange the apples in a baked pastry shell in a VIKO Aluminum Pie Pan. Heat ¾ cup of the prune juice. Mix the dry ingredients and sprinkle 2 tablespoons of it over the apples. Blend the remaining dry ingredients with the cold prune juice and add to the hot prune juice. Boil for a few minutes, add the prune pulp, mix well, then pour over the apples. Place in a moderate oven, 325° F., and bake until the apples are tender. Red apples that are not peeled add an attractive touch of color to the pie, and preserves the mineral of the apple. This may be served plain or with whipped cream.

PRUNE CREAM PIE

1 cup prune pulp
½ cup sugar
2 eggs
1 cup thin cream
3 tablespoons flour
½ lemon
Pastry

Mash the prunes and rub through a VIKO Aluminum Food Press. Add to the pulp, the sugar, yolks of eggs, cream, flour, and lemon juice. Pour into a VIKO Pie Pan lined with pastry. Put into a hot oven (450° F.), and after 15 minutes reduce to moderate. Cover with meringue, and continue baking at 325° F.

OLD-FASHIONED PUMPKIN PIE

2 cups drained, baked or steamed pumpkin pulp
4 tablespoons brown sugar
½ teaspoon salt
1 teaspoon ginger
½ teaspoon cinnamon
4 tablespoons molasses
2 beaten eggs
2 cups milk
⅛ teaspoon mace

Add beaten eggs to milk and mix with pumpkin pulp and molasses. Stir in sugar mixed with spices and pour into previously baked pastry shell in VIKO Aluminum Pie Pan. Cook in 325° F. oven until firm in the center. Brown beneath flame.

Squash tarts may be made exactly like pumpkin tarts.

RAISIN PIE

2 cups seedless raisins
2 cups boiling water
1 tablespoon flour
¾ cup sugar
Grated rind and juice of ½ lemon
1 tablespoon butter

Cook the raisins in a VIKO Aluminum Sauce Pan in boiling water until tender. Mix flour and sugar and add to raisins, stirring until thick. Add lemon and butter. Cool slightly. Bake between two crusts in a VIKO Aluminum Pie Pan in a hot oven (450° F.) for 10 minutes, then reduce to 350° F.

RHUBARB PIE

1½ cups rhubarb
⅞ cup sugar
1 egg
2 tablespoons flour

Cut stalks of rhubarb in half inch pieces before measuring. Mix sugar, flour, and egg; add to rhubarb and bake between crusts in VIKO Aluminum Pie Pan in a hot oven (450° F.) for 10 minutes, then reduce heat to 325° F. Many prefer to scald rhubarb before using; if so prepared, losing some of its acidity, less sugar is required.

RHUBARB RAISIN PIE

4 cups rhubarb
1 cup sugar
⅛ teaspoon salt
1 cup seedless raisins
1 tablespoon flour
Flaky pastry

Cut the rhubarb into small pieces. Mix with the raisins and sift over all the sugar, salt, and flour. Stir well. Turn into a VIKO Aluminum Pie Pan lined with pastry and place strips of pastry cut about ½ inch wide over the top. Bake in hot oven (425° F.) for 20 minutes, then reduce heat to 350° F. for 25 minutes more.

SOUR CREAM PIE

1 cup sugar
½ teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon cloves
1 egg
1 cup sour cream
1 tablespoon mild vinegar
1 cup raisins
Pie crust

Mix the dry ingredients. Beat the egg, add the sour cream, and beat in the dry ingredients. Then add the vinegar and raisins. Pour into unbaked pie shell. Cover with upper pastry. Bake 20 minutes in quick oven (425° F.) in VIKO Aluminum Pie Pan, then reduce the heat to moderate temperature (350° F.) and continue baking 40 to 45 minutes.

SQUASH PIE

1 cup brown sugar
2 eggs
1 cup milk
½ teaspoon cinnamon
¼ teaspoon allspice
1 cup chopped pecans
1½ cups squash
¼ teaspoon cloves

Beat eggs, add spices, sugar, milk and squash. Add nuts last. Pour into VIKO Aluminum Pie Pan lined with plain pastry and bake at 425° F. for 10 minutes, then 350° F. until custard is set.

COCOANUT SQUASH PIE

1½ cups cooked squash
1 cup brown sugar
¼ teaspoon salt
1 teaspoon cinnamon
1 cup rich milk
3 eggs, separated
¼ cup shredded cocoanut
1 teaspoon vanilla
½ cup whipping cream

Combine the squash, sugar, and seasoning. Stir in egg yolks, milk, cocoanut, vanilla, and fold in the beaten egg whites. Bake in a VIKO Aluminum Pie Pan for 15 minutes at 450° F., then 350° F. until set.

STRAWBERRY PIE

1 quart strawberries
3 tablespoons flour
1½ cups sugar

Spread the strawberries on a single unbaked pie crust in a VIKO Aluminum Pie Pan. Mix the sugar and flour and sprinkle over the berries. Put half-inch strips of paste across the top in the form of a lattice. Place in oven and bake 10 minutes at 450° F., then 350° F. until the strawberries are well cooked and the juice is thick.

PECAN PIE

½ cup butter
½ cup sugar
1 cup light corn syrup
3 eggs
1 cup shelled pecans
1 teaspoon vanilla

Cream butter, add sugar, syrup and beaten eggs. Mix well, add pecans and vanilla and pour into baked pie shell in a VIKO Aluminum Pie Pan. Bake 45 minutes in a moderate oven (350° F.).

COCOANUT CREAM PIE

1 baked pie shell
⅞ cup granulated sugar
⅛ cup flour
⅛ teaspoon salt
2 tablespoons powdered sugar
2 eggs
2 cups scalded milk
1 teaspoon vanilla
½ teaspoon lemon extract
1 cup cocoanut, shredded

Add cocoanut to milk; mix flour, granulated sugar and salt. Separate eggs; add beaten yolks to dry ingredients. Pour hot milk on this mixture. Return to VIKO Aluminum Double Boiler; cook 15 minutes, stirring until thickened. Add flavoring. Pour into pie shell baked in a VIKO Aluminum Pie Pan. Cover with meringue made from beaten egg whites and powdered sugar. Place in slow oven (300° F.) to brown.

COFFEE CREAM PIE

1 cup strong coffee
1 cup light cream or rich milk
¾ cup sugar
⅛ teaspoon salt
1 egg
5 tablespoons flour
2 bananas
1 teaspoon vanilla

Into top part of VIKO Aluminum Double Boiler put coffee and milk, add sugar and salt. When mixture reaches boiling point, pour on eggs beaten smooth with flour and enough cold milk to moisten well. Cook until right consistency and remove from fire. Cool, add vanilla. Pour into baked crust in a VIKO Aluminum Pie Pan which has been lined with ripe bananas thinly sliced. Serve with whipped cream.

CREAM PIE

2 cups hot milk
2 tablespoons cornstarch
½ cup sugar
½ teaspoon salt
4 egg yolks or 2 whole eggs
2 teaspoons vanilla
8 tablespoons moist cocoanut

Scald the milk in a VIKO Aluminum Sauce Pan. Mix the cornstarch, sugar, and salt in a VIKO Aluminum Double Boiler. Add hot milk slowly. Cook 20 minutes over hot water. Beat the egg yolks and add slowly, stirring rapidly. Cool and add vanilla. Put into a baked crust baked in VIKO Aluminum Pie Pan. Cover with meringue in which 8 tablespoons of cocoanut have been mixed. Bake at 325° F. until brown.

FILLING FOR CUSTARD PIE

4 eggs
½ teaspoon salt
⅔ cup sugar
2½ cups milk
1 teaspoon vanilla
Few grains of nutmeg

Beat the eggs until light; add the salt and sugar and beat again; add the milk and vanilla, and mix thoroughly. To line the VIKO Aluminum Pie Pan, roll the paste into a thin sheet, cut into a round that will extend beyond the plate ¾ of an inch all around. Set the paste on the plate and roll the edge backward to meet the plate. Flute this double layer of paste with the thumbs and forefingers, pressing down on the edge of the plate. Pour in the custard filling. Set the pie into a hot oven (450° F.) to bake the pastry before it becomes soaked, then reduce the heat, to bake the custard. Bake about 30 minutes. Grate the nutmeg over the custard after it is baked.

DOUBLE DECK PIE

Lower

2 cups strained pumpkin
2 teaspoons ginger
1 teaspoon salt
½ teaspoon cloves
½ teaspoon cinnamon
½ teaspoon nutmeg
½ cup sugar
2 eggs beaten
1 cup milk

Upper

2 cups strained and sweetened apple sauce
1 tablespoon gelatin
¼ teaspoon nutmeg

Add the seasoning and the beaten eggs to the pumpkin. Then add the milk, and pour into VIKO Pie Pan lined with pastry. Bake at 450° F. for 10 minutes, then at 350° F. until firm.

Dissolve the gelatin in a little cold water, and then pour on it the boiling hot apple sauce to which the sugar and nutmeg have been added.

Pour the apple mixture over the still warm pumpkin, and set away for a day in a cool place. Before serving, a thin coating of meringue or whipped cream may be added.

GOLD PIE

2 tablespoons butter
1 cup sugar
3 tablespoons flour
2 eggs, separated
1 lemon, grated rind and juice
1 cup milk

Cream the butter and cream in the sugar and flour which have been sifted together. Beat in the beaten yolks of eggs, then the lemon juice and rind. Beat in the milk slowly. Fold in the whites of eggs which have been beaten stiff. Pour into pastry-lined VIKO Aluminum Pie Pan. Bake in a moderate oven (325° F.) until a knife blade inserted comes out clean.

GRAPEFRUIT PIE

½ lemon (juice)
1⅓ cups grapefruit juice
1¼ cups sugar
¾ cup sifted cake flour
1 cup boiling water
3 eggs separated (whites for meringue)
1 tablespoon butter

Mix sugar and flour; beat egg yolks with Aluminum Instant-Whip Beater, add dry ingredients alternately with fruit juices. Beat until well mixed. Add butter to boiling water and combine with egg mixture. Beat thoroughly. Cook in VIKO Aluminum Double Boiler until thick enough to turn into baked pie shell. Top with a meringue made by beating egg white stiff, then addding a small glass of jelly and beating until well mixed.

LEMON PIE FILLING

Juice of 1 large lemon
1¼ cups granulated sugar
3 eggs, yolks and whites separated
Grated rind of lemon
⅓ cup flour and pinch of salt
1 tablespoon butter
1 cup hot water

Sift sugar, flour, and salt together into a VIKO Aluminum Double Boiler. Add butter and hot water; stirring well. Then add lemon juice and grated rind; cook until thickened. Add beaten egg yolks and cook 5 minutes. Cool and pour into baked pie shell. Cover with meringue made by beating egg whites stiff and adding six tablespoons of sugar and ⅛ teaspoon of salt.

LEMON CHIFFON PIE

1 tablespoon gelatin
¼ cup cold water
4 eggs
½ cup lemon juice
1 cup sugar
½ teaspoon salt
1 teaspoon grated lemon rind

Soak gelatin in cold water for five minutes. Add one-half cup sugar, lemon juice and salt to beaten egg yolks and cook in VIKO Aluminum Double Boiler until of custard consistency. To this mixture add the grated lemon rind, the softened gelatin, and stir thoroughly. Cool. When mixture begins to thicken fold in stiffly beaten egg whites to which the other one-half cup sugar has been added. Pour into baked pie shell in VIKO Aluminum Pie Pan and chill. Just before serving, spread over pie a thin layer of whipped cream.

LEMON REFRIGERATOR PIE

½ lb. vanilla wafers
2 egg yolks
1⅓ cups sweetened condensed milk
2 lemons, rind and juice
⅛ teaspoon salt
2 egg whites
4 tablespoons granulated sugar

Put wafers through food chopper, and shape into a crust in VIKO Aluminum Pie Pan.

Beat egg yolks in an Aluminum Mixing Bowl. Add milk, a little at a time, beating constantly. Then beat in rind and juice of lemons, and salt. Beat until thick. Put into crumb crust, a spoonful at a time. Beat egg whites stiff, add sugar, and spread over pie. Brown in oven, and then place in refrigerator for 24 hours.

MAGIC PIE

Crust:

½ lb. graham crackers, rolled fine
⅓ cup butter
1 tablespoon sugar

Mix the crackers with the melted butter and sugar. Line VIKO Aluminum Pie Pan, sides and bottom, and chill in refrigerator.

Filling:

1⅓ cups sweetened condensed milk
¼ cup lemon juice
½ cup whipping cream
2 tablespoons powdered sugar
1 cup sliced strawberries
1 teaspoon vanilla

Blend together condensed milk and lemon juice. Fold in sliced strawberries. Put into prepared pie pan. Whip cream, mix with powdered sugar and vanilla and spread on filling. Chill and serve.

MAPLE SYRUP PIE

3 eggs
¼ cup butter
½ cup sugar
1 cup maple syrup
½ cup nuts, if desired

Beat butter, add sugar, beat well, then add slightly beaten eggs. Mix thoroughly and add syrup and nuts.

Pour into a baked pie shell (not brown) and bake 45 minutes at 350° F. in VIKO Aluminum Pie Pan. Makes one 9" pie.

CHEESE PIE

Crust:

17 graham crackers, rolled fine
¼ cup sugar
¼ cup butter

Melt butter, add to crumbs and sugar. Line VIKO Aluminum Pie Pan, sides and bottom, keeping ½ cup of mixture for top.

Filling:

1 cup cottage cheese (packed)
1 tablespoon butter
1 tablespoon cornstarch
¾ cup cream or top milk
2 eggs
½ cup sugar
Rind of ½ lemon
1 tablespoon lemon juice
⅛ teaspoon salt
Cinnamon

Press the cheese dry and put through a colander; add the melted butter to it. Dissolve the cornstarch in the cream. Beat eggs, add sugar. Combine the mixtures, and add rind and juice of lemon, salt, and cinnamon. Pour into the lined Pie Pan, and bake 35 to 40 minutes at 350° F.

DELICATE WHIPPED CREAM PIE

Filling:

3 tablespoons flour
4 tablespoons sugar
¼ teaspooon salt
1 egg
1 cup milk
1 teaspoon vanilla
1 cup whipping cream
1 cup crushed fresh fruit

Sift flour, sugar and salt into top of VIKO Aluminum Double Boiler; add unbeaten egg and milk and stir until thoroughly mixed. Cook until thick, about 20 minutes. Remove from heat and add vanilla. When cool add stiffly beaten cream, and one cup crushed fresh fruit and turn into baked shell in a VIKO Aluminum Pie Pan. To make this pie especially attractive, garnish with six finely chopped salted almonds and three maraschino cherries.

LONG ISLAND PIELETS

3 cups sifted flour
1 teaspoon salt
1¼ cups lard
1 tablespoon butter
7½ tablespoons cold water

Sift the flour and salt into an Aluminum Mixing Bowl. Cut in the shortening, and moisten with cold water. Roll pastry thin, and cut in small pieces (about 4" square).

5 medium sized cooking apples
½ cup sugar
½ cup flour

Peel and core the apples, and cut them into eighths. Sift together the flour and sugar and roll the pieces of apple in it. Then place one piece of apple on each piece of pastry and fold over the four corners, making a flap like an envelope. Bake on VIKO Aluminum Cooky Sheet in a hot oven (450° F.) until a golden brown.

Icing

5 tablespoons butter
3¾ tablespoons hot water
1 teaspoon vanilla
1 lb. confectioner's sugar

Make a long seal of frosting across the flap of the turnover. In center place a bit of maraschino cherry. Makes about 3 dozen tarts.

SWEET POTATO PIE

2 eggs
1 cup sugar
Cinnamon
Nutmeg
Salt
2 cups mashed sweet potatoes
2 cups milk

Beat the eggs; add the sugar, cinnamon, nutmeg, and salt. Add the sweet potatoes and milk. Pour into VIKO Aluminum Pie Pan lined with an unbaked pie shell. Bake in a hot oven (450° F.) for the first 10 to 15 minutes to brown the crust, then reduce the heat to 350° F., and bake until a knife blade inserted in the pie comes out clean.

HEAVENLY PIE

2 ripe bananas (riced)
1 cup sugar
2 egg whites
¼ teaspoon almond extract

Rice the bananas into an Aluminum Mixing Bowl. Add the sugar and egg whites. Beat with an Aluminum Instant-Whip Beater until very stiff and fluffy. Pour into a baked pie shell and bake in a moderate oven about 20 minutes.

YELLOW OR GOLD PIE

2 tablespoons butter
1 cup sugar
3 tablespoons flour
2 eggs, separated
1 lemon, grated rind and juice
1 cup milk

Cream the butter and cream in the sugar and flour which have been sifted together. Beat in the beaten yolks of eggs, then the lemon juice and rind. Beat in the milk slowly. Fold in the whites of eggs which have been beaten stiff. Pour into pastry-lined VIKO Aluminum Pie Pan. Bake in a moderate oven, 325° F., until a knife blade inserted comes out clean.

RASPBERRY MERINGUES

Line VIKO Aluminum Muffin Pans with plain or puff paste. Add 1 tablespoon jam. Bake in a hot oven (450° F.) for 25 minutes. Cool, add meringue and bake 20 minutes at 325° F.

MERINGUE

2 egg whites
¼ cup sugar

Beat egg whites stiff with an Aluminum Instant-Whip Beater, beat in the sugar gradually.

TO GLAZE FRUIT FOR FRUIT PASTRIES

Cook in a VIKO Aluminum Sauce Pan the halved or cubed or sliced fruit in a heavy syrup of 1 cup of the juice and ¾ cup granulated sugar. Remove the fruit from the syrup and cool. When cooling, baste with the syrup, as this will induce a delightful glaze.

APRICOT GLAZE FOR TARTS

¼ lb. dried apricots
1 cup water
¼ cup sugar

Soak apricots in the water 12 hours, in VIKO Aluminum Sauce Pan, drain, remove skins, return to water in which they were soaked, cook slowly 15 minutes, remove from fire. Press through VIKO Aluminum Food Press, add sugar, mix thoroughly. Keep in glass jar in cold place. It will keep at least 2 weeks. This can be used as a filling for tarts, or diluted a little with water and brushed over any fruit tart after it is baked. It makes an excellent glaze.

MINCE TARTS

Mince Tarts are especially appropriate for the Thanksgiving dinner. For them line small, scalloped and well-greased VIKO Aluminum Muffin Pans with the chilled puff paste, being very careful not to touch the paste about the edges, as that will prevent its puffing. Brush with an egg yolk beaten with cold milk. Fill with a rich mincemeat and bake in a moderately hot oven (425° F.) from fifteen to twenty minutes. When cold, decorate with a ring of meringue, pressed through the rose tube about the edge of the tarts, brown delicately, cool and fill the centers with whipped cream, dotted with finely shredded maraschino cherries.

PRUNE TARTS

Cut rich pie crust in rounds, cover half of each round with a pitted cooked prune, press other half over. Fill some with chopped nuts and raisins. Brush tops with milk and egg yolk, sprinkle with sugar, and bake in a quick oven, 450° F.

TARTS

Pile the trimmings from Mince Tarts one above another, to keep the layers in place, pat with the rolling pin and roll into a sheet about ¼ inch thick. Cut in rounds or ovals and rings and put together and bake in the same manner as patty cases. When ready to serve, reheat and fill with fruit jelly.

STRAWBERRY TARTS

For 6 Persons

Cut out a round of Puff or Choux paste about 7 inches in diameter; lay a white paper on a VIKO Aluminum Cooky Sheet and slide the pastry upon it; pipe a row of Choux paste on the edge of the round of paste and let bake at 450° F. until done (about 12 minutes). Pipe the rest of the Choux paste on a buttered baking sheet, using a star tube and making rosette shapes. Let bake until they feel light and dry. Stir a little boiling water into ½ cup of confectioner's sugar. Set the round of pastry on a serving dish, dip the underside of the rosettes in the sugar paste, and press them on the Choux paste on the edge of the round; set these close together and entirely around the pastry. When ready to serve, fill with one or two baskets of strawberries, hulled, washed, cut in halves, and mixed with sugar. Decorate with whipped cream or a little confectioner's sugar. To serve, cut as a pie in triangular pieces. Let the berries stand mixed with the sugar half an hour or longer before using.

TRIPLE TARTS

2 cups flour
¾ teaspoon salt
⅔ cup lard or substitute
6 to 2 tablespoons ice water

Sift flour, measure, add salt, and sift into a bowl. Cut in the shortening until bits of it are small as peas. Add just enough water to hold ingredients together. Divide dough in three balls. Roll each ball out into a round ¼ inch thick. Trim rounds to the same size. Cut out center of one round only, leaving a 1½ inch rim. Place these pastry rounds separately on VIKO Aluminum Cooky Sheet. Prick well with fork. Bake in hot oven (450° F.) 10 minutes. Cool. Put together like layer cake with cream filling between. The pastry round with the hole goes on top. Fill this hole with a layer of strawberry or raspberry jam (or fresh berries in season). Decorate with ½ cup sweetened whipped cream (around the jam circle). This pastry may be cut and baked in individual servings.

CREAM FILLING

1 cup milk
½ cup sugar
⅛ cup flour
⅛ teaspoon salt
3 eggs, beaten
2 tablespoons butter
¾ teaspoon vanilla

Heat the milk over a low heat in VIKO Aluminum Sauce Pan. Mix the sugar, flour, and salt, and gradually add the heated milk. Return to sauce pan and cook slowly, stirring constantly, for 10 minutes. Pour this mixture slowly on the beaten eggs, return to sauce pan, and cook 3 minutes longer. Remove from heat and add the butter and vanilla.

ADDITIONAL RECIPES

CANDY

Candy is the All-American treat. Homemade candy is especially good for children; attractively packed it also makes a most acceptable gift.

Fudge is the most popular and is easily made. Do not over cook it—as this results in a grainy texture.

Cook candy in a large enough utensil, so that it may have plenty of room to boil up. Cook cream candy without stirring after the sugar has dissolved. Wipe sugar crystals from edge of pan with a wet cloth wound around a fork.

Allow candy to cool before beating it. For taffies, stir only to keep sugar from scorching.

A candy thermometer will help you to have the same good results every time. However, if you do not own one, test by dropping some of the candy from the spoon into a cup of cold water.

Soft Ball	236°—240° F.
Firm Ball	242°—248° F.
Hard Ball	250°—265° F.
Brittle	270°—290° F.

Break nuts instead of chopping them for candy. They may be heated slightly before adding to the candy mixture. (This makes them sweeter.)

FONDANT

2 cups sugar
1⅓ cups water
¼ teaspoon cream of tartar
1 teaspoon vanilla

Cook sugar, water and cream of tartar together in a VIKO Aluminum Sauce Pan, stirring constantly until sugar dissolves. Take spoon out and do not stir again while cooking. Cover sauce pan and cook 3 minutes. Uncover and continue cooking until a little syrup forms a soft ball when dropped into cold water. If you use a thermometer ,cook until 238° F. is reached. From time to time while candy is cooking, remove the crystals, which form on sides of pan, with a bit of damp cheesecloth wrapped around a fork or clean stick. If allowed to stay, these crystals will make fondant grainy. Remove sauce pan from fire as soon as the right stage or temperature is reached and pour at once onto a cold, wet platter. Let stand until lukewarm or until it reaches 110° F. when tested with thermometer, then beat with a spatula or fondant paddle until white and creamy. Add vanilla and knead with hands until smooth and free from lumps. Put into a covered jar, set in a cool place two or three days before using. If you desire to keep it for several weeks or longer, lay wax paper over the jar and cover tightly.

VINEGAR CANDY

2 tablespoons butter
2 cups sugar
½ cup vinegar
Vanilla

Put butter in VIKO Aluminum Sauce Pan; when melted, add sugar and vinegar. Stir until sugar is dissolved. Boil until, when tried in cold water, mixture will become brittle. Turn into a buttered VIKO Aluminum Biscuit Pan to cool. Pull, add vanilla, and cut in small pieces.

HOLIDAY DELIGHT

3 cups granulated sugar
1 cup white syrup
1½ cups coffee cream

Cook to very soft ball stage in VIKO Aluminum Dutch Oven

Remove from stove and do not wait for it to cool but begin beating immediately. You will notice it will begin to thicken and change color a little. Add 1½ teaspoons vanilla and beat in. Have ready the following fruits and nuts and add slowly to the cooked mixture:

½ lb. brazil nuts— cut in 2 pieces
½ lb. walnuts—broken (but not small)
½ lb. whole pecans
½ lb. candied cherries—cut in two
½ lb. candied pineapple—cut in good size pieces

When these are all in, mixture will be very thick and sticky. Pack into well buttered VIKO Aluminum Loaf Pan—pressing down into corners with wet hand or spoon. Place in refrigerator to chill. After a few hours you will note the sticky syrup has become firm and is almost white in color. This is to be sliced (after 24 hours) and then each slice cut in finger lengths. Will keep soft for months.

VANILLA CARAMELS

1 cup sugar
⅔ cup corn syrup
1½ cups cream
1 teaspoon vanilla

Put sugar, corn syrup, and half a cup of cream in a VIKO Aluminum Sauce Pan; stir until sugar is dissolved, bring to boiling point, and boil until mixture will form a soft ball when tried in cold water. Stir gently and constantly to prevent burning, making the spoon reach all parts of the bottom of the sauce pan. Do not beat, as beating may cause the candy to become granular. As soon as candy forms a soft ball add all at once another cup of cream. Boil until it again forms a soft ball in cold water, add remaining cream, and boil until candy will form a decidedly firm ball when tried in cold water. Add ⅛ teaspoon salt. The caramels when cold will be of the same consistency as this firm ball. Pour caramel into a buttered VIKO Aluminum Square Cake Pan. When cool cut in squares and wrap in wax paper. If caramel should get sugary, return it to sauce pan, add more cream, and boil again. If all the cream is added at once, caramels may be made in a shorter time, but they will not be as rich and creamy.

DIVINITY

3 cups granulated sugar
1 cup white syrup
1 cup boiling water
3 egg whites

Mix sugar, boiling water and corn syrup, in VIKO Aluminum Dutch Oven. Place on a warm part of the stove or over low heat until sugar is dissolved (10 minutes) stirring occasionally. Boil to the soft ball stage (238° F., 6 to 8 minutes), remove from heat. Wait until boiling has stopped, then pour in a slow, steady stream into the stiffly beaten egg whites, beating at the same time. Then beat until stiff. Drop from teaspoon onto buttered VIKO Aluminum Cooky Sheets. Chopped nuts or cherries may be added.

If you put this through an Aluminum Cooky Press, omit nuts and fruit.

UNCOOKED FUDGE

4 squares (4 oz.) chocolate
1 lb. confectioner's sugar
3 tablespoons evaporated milk
1 egg, slightly beaten
¼ teaspoon salt
1 teaspoon vanilla
1 tablespoon melted butter

Melt chocolate in top of VIKO Aluminum Double Boiler; add sugar, milk, butter, egg, salt and vanilla. Beat until creamy. Turn into a buttered pan and let harden. Cut into squares. Chopped nuts may be added.

To use with VIKO Alumilite Cooky Former: Use ¾ lb. of sugar instead of 1 lb. and turn out on VIKO Aluminum Cooky Sheet.

MAGIC CHOCOLATE FUDGE

1 cup sweetened condensed milk
2 cups sugar
1 cup water
3 squares (3 oz.) chocolate
1 cup nuts

Mix sugar and water and bring to boil in a VIKO Aluminum Sauce Pan. Add condensed milk and boil over low heat until it forms firm ball in cold water. 242° F. Stir constantly. Remove from heat, add chocolate cut in small pieces. Beat until thick and creamy. Turn into a buttered Aluminum Pan and let harden. Cut into squares.

May be put through a VIKO Aluminum Cooky Press and made into fancy shapes if nuts are omitted.

ATLANTIC CITY SALT WATER TAFFY

1 cup sugar
½ tablespoon cornstarch
⅔ cup corn syrup
1 tablespoon butter
½ cup water
½ teaspoon salt
Flavoring

Mix sugar and cornstarch in a VIKO Aluminum Sauce Pan. Add corn syrup, butter, and water. Stir until boiling point is reached, and boil to 256° F., or until it forms a firm ball when tried in cold water. Add salt, pour on greased slab or alumilite tray, and when cool enough to handle, pull until light colored. Divide in separate portions, and color and flavor each portion as described, while it is being pulled. Lemon, orange, peppermint, lime, strawberry, or pineapple flavors may be used, and yellow, orange, green or pink color paste.

To make red striped kisses have one portion of candy colored bright red and kept warm near the oven. Lay the large piece of pulled taffy on the slab; on the upper side lay two or three parallel strips of red taffy; turn the piece over and lay two or three red strips on that side. Pull out until one and one-half inches wide and three-fourths inch thick. Cut in pieces with scissors, and wrap in wax paper.

GLACÉ NUTS

2 cups sugar
1 cup boiling water
⅛ teaspoon cream of tartar

Put ingredients in a VIKO Aluminum Sauce Pan, stir, place on range, and heat to boiling point. Wash off sugar which adheres to sides of sauce pan with a butter brush dipped in cold water, and boil without stirring until syrup begins to turn color (305° F.). Remove sauce pan at once from heat, and place in a larger pan of cold water to instantly stop the boiling. Remove from water, and place in a sauce pan of hot water. Take nuts separately on toothpicks or steel skewers, or with a small pair of tweezers, dip in syrup to cover, remove from syrup, and place on an oiled VIKO Aluminum Cooky Sheet.

MAPLE POPCORN BALLS

5 quarts popped corn
2 cups granulated sugar
1 cup brown sugar
¾ cup corn syrup
1½ cups water
1 teaspoon butter
¼ teaspoon salt

Mix the sugar, syrup, and water, and cook in VIKO Aluminum Sauce Pan to the soft ball stage. Add the butter and salt, pour over part of the popped corn, and mold into balls while moist. Repeat this process until all of the corn is used. This is enough syrup and corn to make 35 balls.

TAFFY APPLES

6 small red apples
12 dates
¼ cup nut meats
1 cup brown sugar
½ cup water
6 wooden skewers

Wipe and remove cores from apples, stone dates, chop both dates and nuts, mix, and use to fill cavaties in apples. Cook sugar and water in VIKO Aluminum Sauce Pan until brittle when tried in cold water. Put a skewer in each apple, dip apple in syrup; when covered, remove and cool.

ADDITIONAL RECIPES

CANNING

Economy and preparedness are the best reasons for canning foods.

The economical time to fill your shelves with the canned foods is while fruits and vegetables are plentiful and in season.

The most important factor in canning is to have clean sterile jars to put the food in as soon as it is ready.

Use new rubbers each season, to prevent air leaks.

Test covers and jars before sterilization, to be sure they fit.

If small amounts of food are canned at a time, you will be rewarded with better flavor and color.

When covers have been tightly fastened, turn cans upside down for a few days, to be sure of a perfect seal; then put away, in a cool, dry place, for future use.

For small families it is often more convenient to use pint jars.
Follow directions in the recipes.

PEPPER RELISH

6 green peppers
4 red peppers
3 large white onions
1 medium head cabbage

Chop all fine. Let stand over night in VIKO Aluminum Preserving Kettle. Drain well. Add 1 teaspoon celery seed and 1 tablespoon mustard seed.
Dissolve 1 cup white sugar in 1 quart cold vinegar. Mix all together and seal in sterilized jars.

YELLOW TOMATO PRESERVES

1 lb. yellow tomatoes
1 lb. sugar
2 lemons
2 ozs. preserved Canton ginger

Wipe tomatoes, cover with boiling water in VIKO Aluminum Preserving Kettle and let stand until skins are easily removed. Add sugar, cover, let stand over night. In the morning, pour off syrup and boil until quite thick; skim; add tomatoes, ginger and lemons which have been sliced and the seeds removed. Cook until tomatoes have a clarified appearance.

MOLDED CRANBERRIES

1 lb. cranberries
¼ cup water
Sugar

Cover and boil the cranberries until very tender in VIKO Aluminum Sauce Pan. Force through a VIKO Aluminum Rotary Food Press to remove the skins. Measure the pulp and juice and add an equal amount of sugar. Cook, stirring constantly, until the sugar is entirely dissolved. Pour into an Aluminum Mold and chill from 6 to 24 hours. Remove from the mold by dipping it into boiling water for a few seconds. Garnish with grated cheese, olives, or curled celery.

APPLE SAUCE

Pick over and wash dried apples, soak overnight in VIKO Aluminum Preserving Kettle with cold water to cover; then cook until soft; sweeten, and flavor with lemon juice. Pack in hot, sterilized jars and seal.

MARMALADES

3 level cups cooked fruit
6 level cups sugar
½ cup fruit pectin

Peel skins of oranges and lemons in quarters. Cut the fruit meats in thin slices crosswise and remove seed. Then cut up fine, discarding the hard center parts. Scrape and shred skins very fine. Cook the skins in a VIKO Aluminum Covered Sauce Pan with 1½ cups water and ¼ of a level teaspoon soda, for just 10 minutes, stirring occasionally. Then add the cut-up fruit to the cooked skins and water. Cover again and simmer for 20 minutes.

Measure 3 solidly packed cups of this cooked fruit into a kettle, adding water if necessary to fill the third cup. Add 6 level cups sugar, bring to a boil and boil gently 5 minutes. Remove from fire and stir in ½ cup fruit pectin. Let stand 5 minutes, with occasional stirring to cool slightly, which prevents fruit from floating. Then pour quickly and cover hot marmalade at once with hot paraffin wax.

GINGER MARMALADE

Use 3 good sized oranges and 1 lemon. Follow general directions given above for the preparation of the cooked fruit. After measuring out the 3 level cups of cooked fruit, add 2 cups of chopped, crystallized Canton ginger and 5½ level cups sugar. Boil gently for 2 minutes, add the half cup fruit pectin and follow remainder of directions as to cooling and paraffining.

CARROT AND ORANGE MARMALADE

6 carrots
3 oranges
Sugar
1 lemon, juice and grated rind

Dice the carrots and cook until tender in VIKO Aluminum Preserving Kettle, using as little water as possible. Cut oranges and lemon into small pieces. Combine the carrot and fruit, measure and add ⅔ as much sugar as mixture. Simmer mixture in VIKO Aluminum Preserving Kettle until it is clear. Pack hot into clean, hot jars, and seal at once.

RED RASPBERRY JAM

3 qts. red raspberries
3 lbs. (6 cups) sugar

Wash the fruit and drain well. Place ½ in the VIKO Aluminum Preserving Kettle and cook slowly until some juice is extracted from the berries. Then add ½ the sugar slowly. (It is well to heat the sugar so as not to retard the boiling), and cook until the syrup slides off in "sheets" from the side of a spoon. Stir constantly after the sugar is added. Pour into sterile glasses, cover with hot paraffin, cover with lid, label, and store for winter use. Repeat using the remaining berries and sugar. Prepare small quantities at a time to insure best results. Long cooking which is required when cooking large amounts at a time impairs the flavor and darkens the product.

TOMATO JUICE (Ready to Serve)

1½ peck tomatoes
1 stalk celery
3 onions
1 pepper, small
½ cup sugar
¼ cup salt

Cook the tomatoes with the celery, onions, and pepper in a VIKO Aluminum Sauce Pan. Put through VIKO Aluminum Rotary Food Press. Add the sugar and salt, bring to boil, and seal in clean, hot jars.

STRAWBERRY JAM

1 qt. berries, heaped
1 qt. sugar, scant

Put in VIKO Aluminum Preserving Kettle and mix well. Place over low heat and stir often until it begins to cook. Cook 20 minutes, stirring occasionally to prevent sticking. Remove from burner and take off most of the scum. Put in open crock, stir often. Let set over night. Next morning put in sterilized jars. Cover with paraffin. Jam thickens as it stands. It is important not to cook more than 2 quarts in one kettle.

GRAPE FUDGE

4 cups grape pulp
4 cups sugar
1 cup raisins
1 cup crushed walnuts

Wash the grapes, cook thoroughly in VIKO Aluminum Preserving Kettle, then force through a VIKO Aluminum Food Press. To each four cups of the pulp use the above ingredients. Add the raisins to the pulp, when boiling add the sugar slowly, stirring constantly. Boil five minutes. Remove from the stove, add crushed nuts, and pour into sterile glasses. Seal with paraffin, cover, label, and store.

PEACH MARMALADE

5 lbs. peaches
5 lbs. sugar
3 oranges
1 No. 2 can shredded pineapple

Cut the peaches fine into a VIKO Aluminum Preserving Kettle, add sugar and drained pineapple. Put the oranges (peel and all) through food chopper, and add to peach mixture. Let stand over night. In the morning, boil until thick, and pour into clean, hot jars. Salted pecans may be added when serving.

STRAWBERRY AND PINEAPPLE JAM

Equal parts of strawberries and shredded pineapple. Add sugar equal in weight to the fruit. Boil in VIKO Aluminum Preserving Kettle until it is clear and thick like jam.

CHILI SAUCE

1 peck ripe tomatoes, skinned and cut
6 large onions, chopped fine
6 large green peppers, chopped fine
1 lb. raisins
6 cups vinegar
2 cups brown sugar
½ cup salt
1 teaspoon ground cloves
2 teaspoons allspice and cinnamon

Taste to see if spicy and salty enough. Cook slowly in VIKO Aluminum Preserving Kettle for 3 hours, then put in jars and seal.

CHILI SAUCE

12 ripe tomatoes, medium sized
1 green pepper
1 sweet red pepper
3 onions, medium sized
2 cups vinegar
3 tablespoons sugar
1 tablespoon salt
2 teaspoons whole cloves
3 inch piece stick cinnamon
1 teaspoon whole allspice
1 teaspoon grated nutmeg

Peel and slice the tomatoes. Chop onions and peppers very fine and put the spices in a cheesecloth bag. Mix all ingredients together in a large VIKO Aluminum Preserving Kettle. Heat to the boiling point and boil slowly for about 2 hours. Pour into crocks or jars.

GREEN TOMATO PICKLES

1 peck green tomatoes
6 onions
6 green peppers
2 tablespoons ground ginger
2 tablespoons ground mustard
2 tablespoons ground cinnamon
3 pts. vinegar
1 pt. water
2 cups sugar

Slice green tomatoes, put salt between layers and let stand 12 hours; then put them in a jelly bag to drain. Next morning put them in a VIKO Aluminum Preserving Kettle to boil with peppers, onions and spices in vinegar and water with sugar; more or less may be used as taste dictates. Let all boil slowly until clear and thick.

BREAD AND BUTTER PICKLES

1 gallon thinly sliced cucumbers
2 cups sliced onions
½ cup salt
4 cups sugar
1 teaspoon turmeric
4 tablespoons white mustard seed
1 teaspoon celery seed
About 2 quarts cider vinegar

Cucumbers should be fresh and crisp. Wash thoroughly, do not peel. Slice cucumbers and onions very thin, into VIKO Aluminum Vapor-Seal Cooker. Mix with salt and cover. Let stand for at least 3 hours, then drain nearly dry. Mix the rest of ingredients together and pour over cucumbers and onions. Place over very low heat and cook to simmering point—do not allow them to boil. Place in hot sterilized jars and seal.

CHILI SAUCE

2 qts. medium sized ripe tomatoes
2 red or green peppers, finely chopped
2 onions, finely chopped
2 cups vinegar
½ cup sugar
1 tablespoon salt
1 teaspoon ground cloves
2 teaspoons ground cinnamon
2 teaspoons celery salt

Blanch the tomatoes in boiling water until the skins loosen. Then remove the skins and stem ends, chop the tomatoes, and put them into a VIKO Aluminum Preserving Kettle with the chopped peppers and chopped onions. Heat gradually to the boiling point, add the vinegar, sugar, salt, and spices, and cook slowly until the mixture is quite thick. This will require from 2 to 3 hours. Then put the hot sauce into sterilized bottles or jars, seal, allow them to cool, and store.

ADDITIONAL RECIPES

SANDWICHES

The portable meal was originated by an Englishman. The Earl of Sandwich, to make it more convenient to continue his gambling, and still have his meals at regular hours, instead of having to stop a poker game, devised this method of serving meals.

Sandwiches are convenient and delightful for picnics, parties, luncheons, or suppers.

Use bread which is one day old, and cut in thin slices. Spread with creamed butter and fill with desired filling.

For dainty tea sandwiches, remove the crusts and cut in various shapes.

Have filling prepared before you cut the bread. If the sandwiches are not being served immediately, wrap in wax paper or cover with a damp cloth.

Serve a hearty sandwich occasionally for lunch or supper. This is a good way to use left over meat and gravy. They may also be toasted for variety.

Open faced sandwiches make attractive appetizers and tea sandwiches.

ARAB SANDWICHES

Boil one and one-half cups brown sugar with three-quarter cup water and one teaspoon butter or substitute in a VIKO Aluminum Sauce Pan until it becomes a thick syrup; remove from the fire and add one-half pound shredded cocoanut, one-half pound chopped figs and one-half cup chopped walnut-meats. Stir until creamy, then pour into a buttered VIKO Aluminum Biscuit Pan. When cool, spread between thin slices of brown or whole-wheat bread.

CHATTY SANDWICHES

1 cup chopped tongue
1 egg
1 teaspoon onion juice
1 cup milk
2 tablespoons mayonnaise dressing

Mix the tongue with the onion juice and mayonnaise and spread it on thin slices of unbuttered bread. Press the slices in on thin sides of unbuttered bread. Press the slice together and cut in two diagonally. Beat the egg, add the milk and dip the sandwiches in this mixture. Brown them in a small amount of butter, first on one side and then on the other on VIKO Aluminum Griddle. Garnish with parsley and serve at once on a hot platter.

For an entire meal, serve with buttered string-beans and a salad of head lettuce with French dressing.

CHEESE AND GUAVA JELLY SANDWICHES

Cut slices of bread into diamond shapes. Spread lower slices with cream cheese and put on some strips of Guava Jelly.

ENVELOPE SANDWICHES

Turn the corners of a square of thinly sliced bread toward the center. These are held in place by being pressed down into the filling and also with a little additional butter at the tip of each corner as a seal. Add a small center garnish—a slice of stuffed olive is good or a dot of pickled beet.

HOT CREAMED EGG SANDWICH

Make 2 round slices toast and spread with butter. Make 1 cup White Sauce II, and add 2 slices hard cooked eggs. Cover 1 piece of toast with the creamed mixture, put the other slice of toast on top and cover with remaining mixture. Garnish with 2 strips of crisp bacon and with parsley or cress.

JELLY ROLL SANDWICHES

Slice very thinly a slice of bread from the side of a loaf of sandwich bread, and mentally divide it into thirds. Commencing with the third on the right, spread it with a smooth chicken paste, seasoned with minced green peppers. Spread the second third with cream cheese made pink with paprika or catsup, and the third, which forms the outer spirals of the roll, with potted ham. Roll from you and make the first turn very small. Roll the entire length of the slice with sufficient pressure at each turn to make the filling hold the roll in shape. Seal the flap with butter, and place the lapped side down on a platter until ready to slice. The other slices from the loaf of bread can be rolled in the same way, varying the filling as you wish. Remember that the first filling is the center, and you can feature any colors.

LOG SANDWICHES

Cut thin slices from a fresh loaf of graham bread. Trim the crusts and spread with a well seasoned cheese and pimiento mixture. Roll the slice of bread and tie with tri-color (red, white, and blue) ribbon.

MOSAIC OR CHECKERBOARD SANDWICH

Cut three ½-inch slices each of dark graham and white bread. Spread a slice of white bread with creamed butter and place a slice of graham bread on top. Butter this and place the second slice of white bread. Repeat, beginning this time with the graham bread. Put the two piles of bread under a light weight. This time cut each into three ½ inch slices. Spread these with butter, and put together, having a dark block on a white, and vice-versa. Place under a light weight in a cool place, and when butter has become hard, cut in thin slices for serving.

SANDWICH FILLINGS

1. Grated pineapple (drained), peanut butter, and thick mayonnaise.
2. Red raspberry jam and crushed English walnuts.
3. Cream or American cheese (softened with cream or milk to spread), and chopped green peppers.
4. Chopped crisp bacon and chili sauce.
5. Hard cooked eggs, chopped stuffed olives, and mayonnaise.
6. Thick mayonnaise, whipped cream, horse radish, diced cucumbers, and thin slices of roast beef.

OPEN-FACE SANDWICHES

Boned and skinned anchovies with hard-boiled egg on buttered rye; Swiss cheese and chutney sauce on buttered rye; boiled ham and pickle on buttered white bread; roast veal with garnish of the jellied pan gravy on buttered white bread. Decorate with olives, parsley and pimiento.

Using the Automatic Cooky Former; put—

1. Cream cheese through onto circles of bread or salted wafers and garnish.
2. Blend tomato juice and cream cheese.
3. Mix peanut butter and mashed bananas.
4. Liver sausage blended with prepared mustard.

SALAD TEA SANDWICHES

Cut slices of bread into small rectangular shapes. Spread with creamed butter, cover with bits of lettuce, and thin, tiny pieces of tomato. Add some mayonnaise, and then place slices of bread on top.

VEGETABLE CLUB SANDWICH

3 slices toast
2 tablespoons chopped parsley
¼ cup sliced cucumber
¼ cup sliced tomatoes
French dressing
¼ cup shredded cabbage
2 tablespoons chopped apple
¼ cup shredded lettuce
3 slices crisp bacon
Mayonnaise dressing

Butter 1 slice of toast, spread with cabbage, parsley and apple which have been marinated in French dressing. Put on second slice of toast, spread with lettuce, cucumber and tomato which have been mixed with mayonnaise. On top place bacon. Cover with third slice of toast. Serves 2 when cut crosswise in triangular shape.

RIBBON SANDWICH (Buffet Style)

Remove the crust from a loaf of white bread and cut lengthwise into three even slices. Butter the upper sides of two slices. On one slice spread a mixture of chicken salad, on the second slice spread a mixture of chopped, hard-cooked egg, mayonnaise, pimiento, salt and paprika. Place one slice above the other, the third one with the buttered side down. Fold in a damp napkin, place in a VIKO Aluminum Bread Pan with a board above and let stand "to set" fifteen minutes. Remove from napkin, place on a platter and mask the loaf with cream cheese, which has been softened with cream to a smooth consistency. Sprinkle with chopped nuts. The fillings should be made exceedingly fine, that the loaf may be cut with ease. This loaf looks very attractive on the Sunday night supper table and should be sliced and served at the table.

ROLLED SANDWICHES

Use very fresh bread. Cut in very thin slices, remove crusts, spread with filling, roll up and serve about two or three on a lettuce leaf. These are very dainty and not commonly served. Many of the fillings suggested, especially those with cream cheese, may be used for rolled sandwiches.

They may be toasted. Chopped hard cooked egg or walnuts, mayonnaise dressing and watercress leaves projecting from each end are attractive; or celery, nuts and mayonnaise and a celery leaf in each end.

ADDITIONAL RECIPES

ADDITIONAL RECIPES

MENUS

MEATLESS DINNERS

Baked Beans — Boston Brown Bread
Macaroni Salad
Lemon Crumb Pudding — Coffee—Tea—Milk

Maca Tuna Loaf — Potato Bread
Prune and Orange Salad
Apple Torte — Coffee—Tea—Milk

Baked Trout with Tomato Sauce — Scalloped Potatoes
Peas a la' Madame
Emerald Salad
Sunshine Cake — Coffee—Tea—Milk

Noodle Ring — Creamed Salmon
Belgian Carrots
Praline Parfait — Vanilla Sugar Cookies
Coffee—Tea—Milk

Schumann Heink's Potato Soup
Macaroni and Beans Au Gratin
Combination Vegetable Salad
Custard Pie — Coffee

Clam Chowder
Gilt Edge Cauliflower — Perfection Salad
Apple Custard Pie
Coffee—Tea—Milk

Vegetarian Platter — Baked Mushrooms and Peanuts
Molded Apple Salad
Almond Meringue Gingerbread
Coffee—Tea—Milk

SUNDAY NIGHT SUPPERS

Scrambled Eggs and Peas

Baking Powder Biscuits — Broiled Sausages

Stuffed Tomato Salad

Poppy Seed Cake — Coffee—Tea

Snappy Supper Dish

Cinnamon Apple Salad

Vanilla Ice Cream — Fig Cookies

Coffee—Cocoa—Tea

———o———

Chicken a' la King on Toast

Cold Apricot Soufflé — Devils Food (with Mashed Potatoes)

Coffee

———o———

Chop Suey — Clover Leaf Yeast Rolls

1-2-3 Salad

Orange Ice — Cream Velvet Cake

Tea

———o———

Cheese Waffles and Maple Syrup

Apple Crisp — Coffee

———o———

Spanish Omelet — White Bread

American Beauty Salad

Orange Ice Box Cake — Coffee

SIMPLE DINNERS

Barbecued Ribs — Baked Potatoes

Head Lettuce with French Dressing

Apricot Sponge — Dream Bars

Coffee

———o———

Sauer Braten — Potato Dumplings

Cole Slaw

Pungent Topsy Turvy Cake — Coffee

———o———

Sweet Potato Puff — Lamb Chops

Pumpkin Pie — Scalloped Cabbage

Coffee

Baked Ham in Cider — German Potato Salad
Carrot Timbales
Red Devil's Food — Southern Spoon Bread
Coffee

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Cream of Pea Soup
Deviled Veal Steak — Italian Potatoes
Asparagus
Fudge Cake — Coffee

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Salmon Loaf
Scalloped Potatoes — Butterscotch Biscuits
Pineapple Skillet Upside Down Cake

SUNDAY AND COMPANY DINNERS

Fruit Cocktail
Roast Duck — Parsley Potatoes
Broccoli
Heart of Lettuce Salad — Russian Dressing
Italian Spumoni — Angel Food Cake
Coffee

———o———

Tomato Juice Cocktail
Beef Roast—Yorkshire Pudding — Peas in Potato Nests
Jellied Asparagus Salad
Butterscotch Pie — Coffee

PICNICS

Pasties — Pickles
Fruit
Old Fashioned Gingersnaps
Coffee

———o———

Assorted Sandwiches — Cold Fried Chicken
Pickles — Olives
Combination Vegetable Salad — Individual Cherry Pies
Coffee — Cocoa — Milk

ADDITIONAL MENUS

SUGGESTIONS FOR SUCCESSFUL COOKING

Read and follow your recipe carefully.

Get the utensils out that will be needed.

If baking pans need to be oiled, do so before starting to prepare recipe.

Measure all ingredients needed and arrange on an aluminum tray. (Dry ingredients may be put on pieces of wax paper or paper toweling)

Accurate measures are absolutely necessary to insure best results.

Always use level measurements unless otherwise stated in your recipe.

Sift flour before measuring as it settles a great deal while it is stored.

When sugar is lumpy, sift before measuring.

To get level tea or tablespoon, dip spoon into food stuff and level off by running a spatula or knife over top of spoon.

To get a level cup of dry food stuff, fill lightly with a spoon, being careful not to shake cup, and level off with a knife or spatula.

Cook starchy foods thoroughly. Use either high temperature or a prolonged cooking period.

Cook proteins (meat and meat substitutes) at a low temperature. The only exception is when searing meats at a high temperature before cooking.

Fats should be cooked below their breaking point. This may be identified by the acrid odor produced when fat is too hot.

Foods rich in minerals and vitamins should be cooked in very little water. Mineral salts and some vitamins are soluble so the liquid should never be thrown away.

SELECTION OF UTENSILS

Kitchen utensils should be a source of pride to all housewives. For this reason, the modern housewife chooses aluminum for the kitchen. It is so light to handle, easy to keep clean, and appeals to the woman looking for efficiency as well as beauty.

VIKO ware is made of hard, thick aluminum which means long wear, better service, and more economy in the end.

In this day of harmony in colors and lines, the Aluminum Utensils certainly take the lead. They blend in with any color scheme and keep in step with new lines and designs.

SELECTION OF UTENSILS—Continued

Ask yourself these questions before buying:

Will it cook food well with the least amount of fuel?

Is it quality merchandise?

Is it practical, convenient, and easy to handle?

Is it easy to clean and keep looking like new?

CARE OF ALUMINUM UTENSILS

Before using any utensil, it should be thoroughly washed in hot, soapy water and rinsed well with hot water. Always wipe utensils absolutely dry before putting away.

Aluminum responds easily to daily care, it is light to handle and if an excess of heat is not used, there should be no need of scouring.

However, if you do have to scour stubborn stains or burnt food, use a metal sponge and you will find it very easy to remove any particles which may have adhered to the utensil.

The following suggestions are helpful in keeping all kitchen utensils in good condition:

1. Wash, rinse and dry each time they are used.
2. Use paper toweling to wipe out grease or sticky substances.
3. Do not leave utensils with wooden handles submerged in water.
4. Pour out extra water from Tea Kettle when finished using it.
5. Wash Tea Kettle twice a week. This will prevent lime deposits from forming.
6. Empty percolators, tea pots and coffee makers after each meal and wash them.
7. Put left-overs in small dishes or wrap in wax paper.
8. Use low heat for aluminum utensils.
9. Do not pour cold water in a hot utensil or put a cold utensil over excessively hot flame.
10. Be sure utensils are thoroughly dry when put away.

Questions Women Ask About ALUMINUM

WHY DOES ALUMINUM SOMETIMES DISCOLOR?

Because of the minerals, usually iron, present in all natural waters and some foods. The cooking process sometimes deposits these minerals on the utensil.

WHY IS THIS DISCOLORATION HARMLESS?

Because it comes from the food or water itself. It is merely part of the mineral content of food.

WHAT HAPPENS WHEN ACID FRUITS ARE BOILED IN A DISCOLORED UTENSIL?

When acid fruits, particularly tomatoes, are boiled in a discolored vessel the deposit, usually iron, is dissolved and goes back into the food. This does not affect the taste, color or quality of the food.

HOW ELSE CAN THIS DISCOLORATION BE REMOVED?

With any good Aluminum cleanser.

TABLES OF WEIGHTS AND MEASURES

There are in one pound:

- 4 cups flour
- 2 cups butter
- 2 cups granulated sugar
- 3⅓ cups confectioners sugar
- 2⅔ cups brown sugar
- 3 cups corn meal
- 4 cups fresh grated cheese
- 2 cups rice
- 2 cups raisins
- 4 cups shelled walnuts (1 lb. walnuts in shell give ½ lb. of walnut meats)
- 2 cups dry beans
- 2 cups bread crumbs
- 2 cups chopped meat
- 4 cups macaroni

For 40 people use:

- 2 gallons soup
- 1 qt. cream and 1 lb. sugar
- 1 pound coffee
- ½ pound cocoa
- 3 pounds potato chips
- 1 peck potatoes
- 3—10″ cakes
- 2 gallons ice cream
- 20 pounds chicken
- 5 pounds macaroni
- 1 sandwich loaf makes 24 sandwiches
- 1 pound butter spreads 3 loaves bread

MEASURES

3 teaspoons	—	1 tablespoon
16 tablespoons	—	1 cup
2 tablespoons	—	1 ounce (liquid)
2 cups	—	1 pint
16 ounces	—	1 pound

VIKO

THE GUARANTEED ALUMINUM
A MIRRO PRODUCT

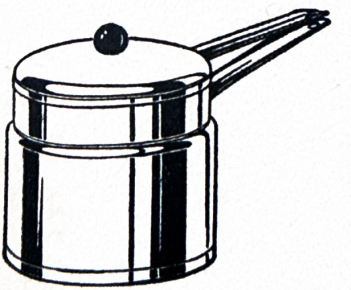
VIKO Aluminum Ware is noted for its efficient wholesome cooking. It heats quickly and evenly . . . that's why, with the proper use, scorching, burning or sticking are entirely eliminated. VIKO is made of special, extra-hard, thick aluminum . . . This means years and years of satisfactory service.

Besides its utility, VIKO Aluminum is styled and designed for beauty, giving these cooking utensils a distinction all their own.

MATCHED VIKO WARE

A typical example of VIKO designing is illustrated by the group of "Matched" utensils on these two pages. Note the stream lines . . . the straight sides . . . the square sanitary edges . . . The trimmings are of heat-proof Bakelite. Once you own one of these utensils you will want a complete set to match.

Matched VIKO Tea Kettle
4 to 8 qts.



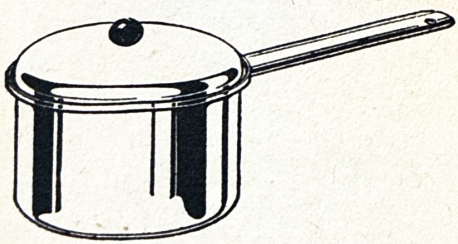
Matched VIKO Double Boiler
1 to 3 qts.

VIKO

THE GUARANTEED ALUMINUM
A MIRRO PRODUCT

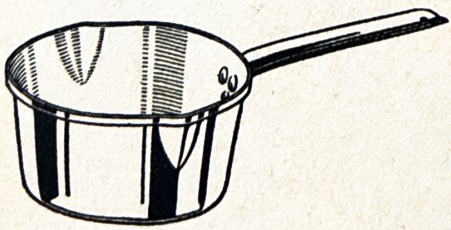
Matched VIKO Drip Coffee Maker
1½ to 2 qts.

Matched VIKO Percolator
1 to 3 qts.

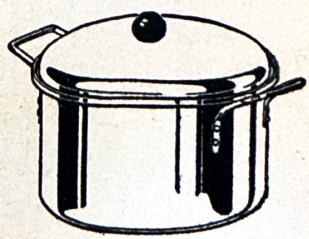


Matched VIKO Covered Pan
1 to 8 qts.

Matched VIKO Covered Kettle
4 to 16 qts.



Matched VIKO Windsor Sauce Pan
1 to 4 qts.

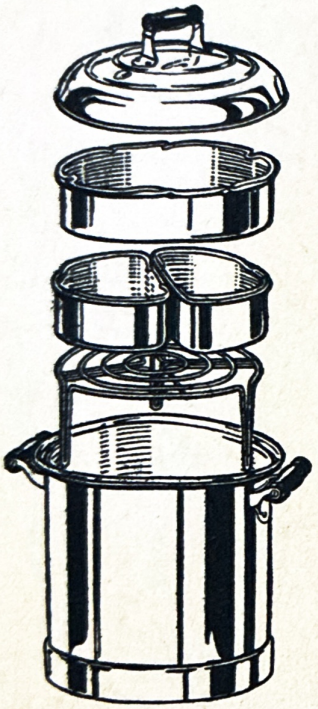


Matched VIKO Covered Pot
2 to 16 qts.

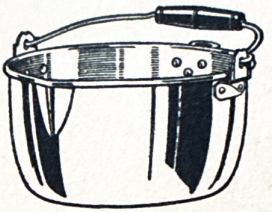
VIKO

THE GUARANTEED ALUMINUM
A MIRRO PRODUCT

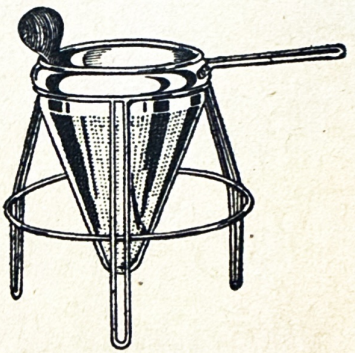
VIKO offers a utensil for every kitchen purpose . . . whether it's baking, roasting, frying, boiling, coffee making or any other cooking need. Only a few of the many VIKO items are shown in this cook book.



VIKO Vapor-Seal Cooker
7 to 12 qts.



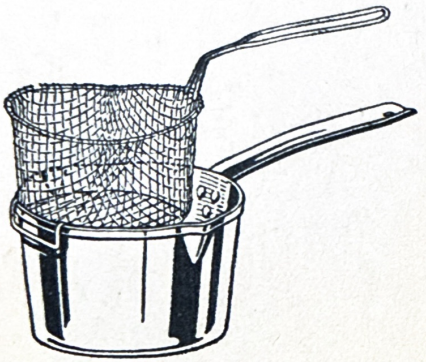
VIKO Preserving Kettle
6 to 24 qts.



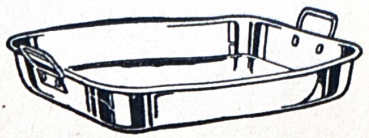
VIKO Rotary Food Press
9 inches high

VIKO

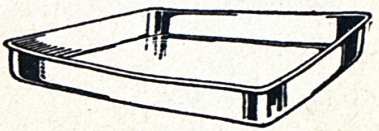
THE GUARANTEED ALUMINUM
A MIRRO PRODUCT



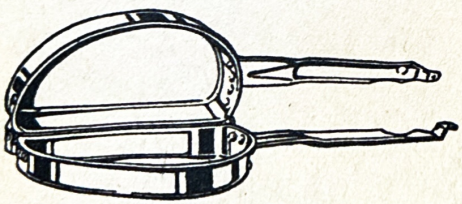
VIKO French Fryer
2 and 3 qt.



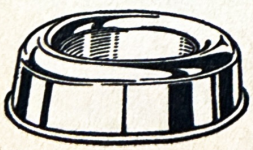
VIKO Baking and Roasting Pan
In 3 popular sizes



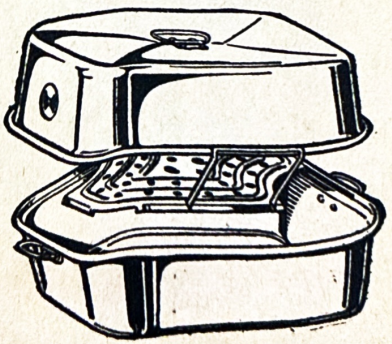
VIKO Biscuit and Cake Pan
In 2 popular sizes



VIKO Omelet and Double Fry Pan
9⅞ in. Diam. (Open)



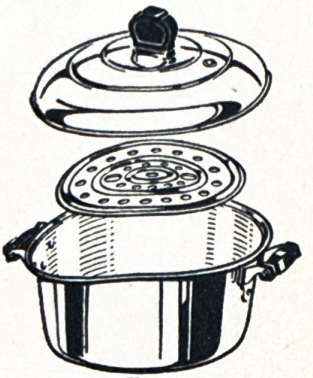
VIKO Alumilite Ring Mold
6¾ to 9½ in. diam.



VIKO Oblong Roaster
8 to 18 lbs. cap.

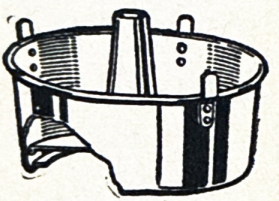
VIKO

THE GUARANTEED ALUMINUM
A MIRRO PRODUCT

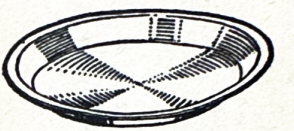


VIKO Dutch Oven
4½ qts.

VIKO Electric Percolator
Chrome Plated
9 cups



VIKO Angel Food Cake Pan
12 egg size



VIKO Pie Plate
9 and 10 in.

VIKO Torte and Cake Pan
9¼ and 10¼ in. diam.

VIKO Duo-Press Cooky Maker
Holds dough for 36 cookies

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